



Week 4 Winter Menu

<i>Monday</i>	<p>AM Snack: Strawberries and Pancakes PM Snack: Carrot Sticks and Crackers</p> <p>Chickpea & vegetable casserole with country style diced potatoes <i>Cel</i> (Oven baked potatoes)</p> <p>Plum, apricot and watermelon cocktail (diced fresh plum, watermelon & apricot)</p>
<i>Tuesday</i>	<p>AM Snack: Grapes and Breadsticks PM Snack: Bagels and Cucumber slices</p> <p>Beef bolognese with pasta twists <i>Ce Cel</i> (Lean minced beef, carrot, celery, peppers, mushrooms in a tomato & herb sauce)</p> <p>Apple sponge with chilled custard <i>Eg, Da, Ce</i> (Free range eggs.)</p>
<i>Wednesday</i>	<p>AM Snack: Cheese and Crackers PM Snack: Banana rolled in crushed cornflakes</p> <p>Boned and rolled roast pork <i>Cel</i>, roast potatoes and Farm house vegetables (Gravy stock made from chicken wings, vegetables, garlic & herbs)</p> <p>Vanilla Fromage Frais (Double cream & natural yoghurt)</p>
<i>Thursday</i>	<p>AM Snack: Apple and Strawberry Kebabs PM Snack: Yellow peppers and breadsticks</p> <p>Chicken and vegetable kebabs <i>Cel</i> with pita pockets <i>Ce</i> & basmati rice (Diced chicken breast with fresh sliced peppers, celery, mushrooms, onions and tomatoes)</p> <p>Individual strawberry ice cream pots <i>Da</i> (soft scoop ice cream)</p>
<i>Friday</i>	<p>AM Snack: Pears and Carrot Slices PM Snack: Ritz Crackers and Raisins</p> <p>Cod loin and broccoli in a 3 cheese sauce <i>Da, Cel, Fi</i> with baked potato (Mild cheddar, red leicester, lyburn gold fancy broccoli florets)</p> <p>Melon and peach cocktail (cut into bite size pieces)</p>

We only list the 14 food allergens: **Cereals** (gluten, wheat, rye, barley, oats) **Crustaceans** (prawns, crab, lobster) **Eggs**, **Fish**, **Peanuts**, **Soybeans**, **Dairy**, **Nuts**, **Celery**, **Mustard**, **Sesame**, **Sulphur dioxide**, **Lupin**, **Mollusc** (clams, mussels, whelks, oysters, snails)