



Autumn & Winter Menu

Week 1

Breakfast- A selection of cereals or porridge (Please see cook for allergen information)

Snack – Fresh fruit, Vegetable sticks or baked goods, served with a cup of milk or water (Please see cook for allergen information)

Lunch & Tea (served with water)

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch (Main Course)	SALMON & VEGETABLE RISOTTO <i>ALLERGENS – FISH, WHEAT, CELERY, EGG, MILK</i>	TOAD IN THE HOLE, ROOT VEGETABLES, MASH & ONION GRAVY <i>ALLERGENS – DAIRY, GLUTEN, WHEAT, EGG</i>	HOMEMADE TURKEY MEATBALLS IN TOMATO SAUCE & PASTA <i>ALLERGENS – GLUTEN, SOYA, WHEAT</i>	CREAMY CHICKEN & LEEK HOTPOT WITH BROCCOLI & CARROTS <i>ALLERGENS – CELERY, DAIRY, MILK</i>	LENTIL & VEGETABLE SHEPHERDS PIE WITH GREEN BEANS & SWEDE <i>ALLERGENS – SESAME, DAIRY, MILK</i>
Lunch (Vegetarian Option)	VEGETABLE RISOTTO <i>ALLERGENS – WHEAT</i>	TOAD IN THE HOLE, ROOT VEGETABLES, MASH & ONION GRAVY (VEG SAUSAGE) <i>ALLERGENS – EGG, GLUTEN, WHEAT, MILK</i>	VEGETABLE MEATBALLS IN TOMATO SAUCE & PASTA <i>ALLERGENS – EGG, SOYA, WHEAT, GLUTEN</i>	CREAMY VEGETABLE & LEEK HOTPOT WITH BROCCOLI & CARROTS <i>ALLERGENS – CELERY, DAIRY, MILK</i>	SAME AS MAIN COURSE
Dessert	SEASONAL FRUIT SALAD <i>ALLERGENS –</i>	MANDARIN JELLY <i>ALLERGENS –</i>	BAKED APPLE WITH CINNAMON <i>ALLERGENS –</i>	BLUEBERRY SPONGE CAKE <i>ALLERGENS – GLUTEN, EGG, MILK, WHEAT</i>	SLICED BANANAS WITH CUSTARD <i>ALLERGENS – MILK</i>

Tea (Main Course)	TOMATO & RED PEPPER PASTA BAKE WITH SWEETCORN <i>ALLERGENS – GLUTEN, WHEAT</i>	CHICKEN & CUCUMBER WRAPS WITH PEPPER STICKS <i>ALLERGENS – GLUTEN</i>	HOMEMADE TUNA & CHEESE FLATBREAD <i>ALLERGENS – GLUTEN, DAIRY</i>	WHOLEMEAL MACARONI CHEESE WITH BUTTERNUT SQUASH <i>ALLERGENS – GLUTEN, DAIRY, MILK</i>	PITTA POCKETS WITH EGG MAYONNAISE, CUCUMBER & CARROT SALAD <i>ALLERGENS – GLUTEN, EGG, DAIRY</i>
Tea (Vegetarian Option)	SAME AS MAIN COURSE	CHEESE & CUCUMBER WRAPS WITH PEPPER STICKS <i>ALLERGENS – GLUTEN</i>	HOMEMADE CHEESE FLATBREAD <i>ALLERGENS – GLUTEN, DAIRY</i>	SAME AS MAIN COURSE	SAME AS MAIN COURSE
Dessert	PINEAPPLE UPSIDE DOWN CAKE WITH REDUCED SUGAR CUSTARD <i>ALLERGENS – EGG, GLUTEN, WHEAT, DAIRY, MILK</i>	WARM FRUIT SALAD WITH YOGHURT <i>ALLERGENS – DAIRY</i>	SHORTBREAD WITH SATSUMA SEGMENTS <i>ALLERGENS – DAIRY, WHEAT, GLUTEN</i>	FRUITY OAT CRUMBLE SUNDAE <i>ALLERGENS – DAIRY, WHEAT, GLUTEN, MILK</i>	BLENDED FRUIT SMOOTHIE <i>ALLERGENS – MILK</i>