



Autumn & Winter Menu

Week 3

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)	MUSHROOM PASTA CARBONARA <i>ALLERGENS – GLUTEN, WHEAT, DAIRY, MILK</i>	PORK & LEEK CASSEROLE WITH MASHED POTATOES & CARROTS <i>ALLERGENS – DAIRY, MILK, WHEAT</i>	LEMON & PEPPER CHICKEN WITH SWEETCORN & RICE <i>ALLERGENS – GLUTEN, MILK, CELERY</i>	BEEF LASAGNE WITH CHOPPED SALAD <i>ALLERGENS – GLUTEN, WHEAT, DAIRY, MILK, EGG</i>	HOMEMADE FISH PIE WITH MASHED POTATO & PEAS <i>ALLERGENS – WHEAT, FISH, DAIRY, MILK, GLUTEN</i>
Lunch (Vegetarian Option)	SAME AS MAIN COURSE	VEGETABLE CASSEROLE WITH MASHED POTATOES & CARROTS <i>ALLERGENS – DAIRY, MILK, WHEAT</i>	LEMON & PEPPER QUORN WITH SWEETCORN & RICE <i>ALLERGENS – MILK, CELERY</i>	QUORN MINCE LASAGNE WITH CHOPPED SALAD <i>ALLERGENS – GLUTEN, SOYA, DAIRY, MILK, EGG</i>	HOMEMADE QUORN FISH & SPINACH PIE WITH MASHED POTATO & PEAS <i>ALLERGENS – WHEAT, DAIRY, GLUTEN</i>
Dessert	MELON SLICES <i>ALLERGENS –</i>	DAIRY ICE CREAM <i>ALLERGENS – DAIRY</i>	FRUITY OAT CRUMBLE SUNDAE <i>ALLERGENS – MILK, OATS, WHEAT</i>	BLENDED SMOOTHIE <i>ALLERGENS – DAIRY, MILK</i>	GREEK YOGHURT WITH A RASPBERRY PUREE <i>ALLERGENS – DAIRY</i>

Tea (Main Course)	TURKEY & CUCUMBER WRAP WITH PEPPER STICKS <i>ALLERGENS – DAIRY, GLUTEN, WHEAT</i>	QUORN MINCE & VEGETABLE PASTA BAKE <i>ALLERGENS – GLUTEN, WHEAT, EGG</i>	COD WITH PARSLEY SAUCE WITH MASHED POTATOES <i>ALLERGENS – WHEAT, GLUTEN, FISH, DAIRY, MILK</i>	WHOLEMEAL ENGLISH MUFFIN TOPPED WITH HAM, CHEESE & PINEAPPLE <i>ALLERGENS – DAIRY, GLUTEN, WHEAT</i>	CHICKEN FRITTATA WITH NEW POTATO SALAD & CUCUMBER STICKS <i>ALLERGENS – EGG, DAIRY</i>
Tea (Vegetarian Option)	CHEESE & CUCUMBER WRAP WITH PEPPER STICKS <i>ALLERGENS – DAIRY, GLUTEN, WHEAT</i>	SAME AS MAIN COURSE	QUORN FISH FILLETS WITH MASHED POTATOES <i>ALLERGENS – WHEAT, GLUTEN, DAIRY, MILK</i>	WHOLEMEAL ENGLISH MUFFIN TOPPED WITH CHEESE & PINEAPPLE <i>ALLERGENS – DAIRY, GLUTEN, WHEAT</i>	MUSHROOM FRITTATA WITH NEW POTATO SALAD & CUCUMBER STICKS <i>ALLERGENS – EGG, DAIRY</i>
Dessert	MANGO FOOL <i>ALLERGENS – DAIRY, MILK</i>	CREAMY PEACH DESSERT <i>ALLERGENS – MILK</i>	ASSORTED FRUIT JELLY <i>ALLERGENS –</i>	ST CLEMENTS PUDDING WITH CUSTARD <i>ALLERGENS – WHEAT, DAIRY, EGG, GLUTEN</i>	LEMON & ORANGE POLLENTA CAKE WITH ORANGE SEGMENTS <i>ALLERGENS – EGG, MILK, WHEAT</i>