



# Autumn & Winter Menu

## Week 2

**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)	CHICKPEA, POTATO & SPINACH CURRY WITH NAAN BREAD <i>ALLERGENS – SULPHATES, SESAME, WHEAT, MILK</i>	CHICKEN FRICASSE WITH CARROTS, BROCCOLI & RICE <i>ALLERGENS – DAIRY, MILK, GLUTEN</i>	BEEF RAGU SERVED WITH VEGETABLE SPAGHETTI & PASTA <i>ALLERGENS – GLUTEN, WHEAT</i>	VEGETABLE TAGINE WITH COUS COUS <i>ALLERGENS – SULPHATES</i>	ROAST CHICKEN WITH ROOT VEGETABLES & MASHED POTATO WITH GRAVY <i>ALLERGENS – GLUTEN, WHEAT, DAIRY, MILK, SOYA</i>
Lunch (Vegetarian Option)	SAME AS MAIN COURSE	MUSHROOM FRICASSE WITH CARROTS & BROCCOLI <i>ALLERGENS – DAIRY, MILK, GLUTEN</i>	VEGETABLE RAGU SERVED WITH VEGETABLE SPAGHETTI <i>ALLERGENS – GLUTEN, WHEAT</i>	SAME AS MAIN COURSE	QUORN CHICKEN WITH ROOT VEGETABLES & MASHED POTATO WITH GRAVY <i>ALLERGENS –</i>
Dessert	APPLE & OAT CRUMBLE WITH VANILLA SAUCE <i>ALLERGENS – GLUTEN, WHEAT, DAIRY, MILK</i>	SEASONAL FRUIT PLATTER <i>ALLERGENS –</i>	DAIRY ICE CREAM WITH MANGO SLICES <i>ALLERGENS – DAIRY</i>	POACHED PEARS WITH GREEK YOGHURT <i>ALLERGENS – DAIRY</i>	RICE PUDDING & RASPBERRY SAUCE <i>ALLERGENS – DAIRY, MILK</i>

Tea (Main Course)	HAM & MUSHROOM CHEESE OMELETTE <i>ALLERGENS – DAIRY, EGG, MILK</i>	WHOLEMEAL ENGLISH MUFFIN TOPPED WITH CHEESE & PINEAPPLE <i>ALLERGENS – GLUTEN, WHEAT, DAIRY</i>	VEGETABLE SOUP WITH CHEESE FLATBREAD <i>ALLERGENS – WHEAT, MILK, DAIRY</i>	CHICKEN & CUCUMBER WHOLEMEAL ROLL <i>ALLERGENS – GLUTEN, DAIRY, WHEAT</i>	TUNA PASTA BAKE <i>ALLERGENS – GLUTEN, FISH, DAIRY, EGG</i>
Tea (Vegetarian Option)	MUSHROOM & CHEESE OMELETTE <i>ALLERGENS – DAIRY, EGG, MILK</i>	SAME AS MAIN COURSE	SAME AS MAIN COURSE	CREAM CHEESE & CUCUMBER WHOLEMEAL ROLL <i>ALLERGENS – GLUTEN, DAIRY, WHEAT</i>	TOMATO PASTA BAKE <i>ALLERGENS – GLUTEN, DAIRY, EGG</i>
Dessert	ASSORTED FRUIT JELLY <i>ALLERGENS –</i>	EVES PUDDING & CUSTARD <i>ALLERGENS – DAIRY, MILK, WHEAT, EGG, GLUTEN</i>	SPICY BANANA BREAD <i>ALLERGENS – GLUTEN, EGG, DAIRY, WHEAT, MILK</i>	SHORT BREAD WITH SATSUMA SEGMENTS <i>ALLERGENS – GLUTEN, WHEAT, DAIRY</i>	YOGHURT WITH DATES & APPLE CORNFLAKE COMPOTE <i>ALLERGENS – DAIRY</i>