



# Autumn & Winter Menu

## Week 4

**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)	BOLOGNESE PASTA, BAKED WITH A CHEESE TOPPING <i>ALLERGENS – DAIRY, GLUTEN, WHEAT, EGG</i>	FISH & LEEK FISHCAKES WITH PARSLEY SAUCE & CARROTS <i>ALLERGENS – SOYA, MILK, WHEAT, FISH, GLUTEN, EGG</i>	CHICKEN & HAM PUFF PASTRY PIE WITH ROAST POTATOES, SWEDE & CARROT MASH <i>ALLERGENS – GLUTEN, DAIRY, MILK, WHEAT</i>	HUNGARIAN BEEF GOULASH WITH COUS COUS <i>ALLERGENS – MILK, WHEAT, DAIRY</i>	VEGETABLE PASTA WITH A TOMATO & LENTIL SAUCE <i>ALLERGENS – SESAME, GLUTEN, DAIRY</i>
Lunch (Vegetarian Option)	QUORN BOLOGNAISE PASTA, BAKED WITH A CHEESE TOPPING <i>ALLERGENS – DAIRY, WHEAT, GLUTEN, EGG</i>	CHEESE & MUSHROOM CAKES WITH POTATO WEDGES & SPINACH <i>ALLERGENS – MILK, WHEAT, DAIRY, GLUTEN, EGG</i>	QUORN CHICKEN PUFF PASTRY PIE WITH ROAST POTATOES, SWEDE & CARROT MASH <i>ALLERGENS – GLUTEN, DAIRY, MILK</i>	HUNGARIAN VEGETABLE GOULASH WITH COUS COUS <i>ALLERGENS – MILK, WHEAT</i>	SAME AS MAIN COURSE
Dessert	BAKED APPLE WITH CINNAMON <i>ALLERGENS –</i>	POACHED PEARS & GREEK YOGHURT <i>ALLERGENS – DAIRY</i>	YOGHURT AND DRIED APRICOTS <i>ALLERGENS – DAIRY</i>	ORANGE SHORTBREAD & SATSUMA SEGMENTS <i>ALLERGENS – GLUTEN, DAIRY, MILK</i>	BANANA PANCAKES WITH BERRY SAUCE <i>ALLERGENS – EGG</i>

Tea (Main Course)	COUS COUS WITH CHICKEN, BEETROOT & MIXED SALAD <i>ALLERGENS – WHEAT</i>	ROASTED RED PEPPER, TOMATO & BACON PASTA BAKE <i>ALLERGENS – DAIRY, GLUTEN, WHEAT, EGG</i>	TUNA & CHEESE FLATBREAD WITH CUCUMBER STICKS <i>ALLERGENS – WHEAT, MILK, FISH, DAIRY</i>	CHEESE & POTATO PIE WITH COWBOY BEANS & SAUSAGE <i>ALLERGENS – DAIRY, WHEAT, MILK</i>	CHICKEN FAJITAS WITH CUCUMBER <i>ALLERGENS – WHEAT, MILK, GLUTEN</i>
Tea (Vegetarian Option)	COUS COUS WITH BEETROOT & MIXED SALAD <i>ALLERGENS – WHEAT</i>	ROASTED RED PEPPER & TOMATO PASTA BAKE <i>ALLERGENS – DAIRY, GLUTEN, WHEAT, EGG</i>	CHEESE FLATBREAD WITH CUCUMBER STICKS <i>ALLERGENS – DAIRY, WHEAT, MILK</i>	CHEESE & POTATO PIE WITH COWBOY BEANS <i>ALLERGENS – DAIRY</i>	RED PEPPER FAJITAS WITH CUCUMBER <i>ALLERGENS – WHEAT, MILK, GLUTEN</i>
Dessert	LEMON & SATSUMA CAKE <i>ALLERGENS – GLUTEN, DAIRY, WHEAT, EGG, MILK</i>	CHOCOLATE & BANANA SMOOTHIE <i>ALLERGENS – MILK</i>	APPLE & CUSTARD COBBLER <i>ALLERGENS – GLUTEN, DAIRY, WHEAT, MILK</i>	JELLY & MANDARIN ORANGES <i>ALLERGENS –</i>	MINI CARROT CAKES <i>ALLERGENS – GLUTEN, WHEAT, EGG, MILK</i>