

## HAPPY DAYS MENU PLAN WEEK 2

	BREAKFAST	LUNCH	TEA	ALLERGENS	
				Lunch	Tea
<b>Monday</b>	TOAST cg-mk ***** CHEERIOS cg ***** MILK/JUICE mk	BAKED FISH WITH HOMEMADE TOMATO SAUCE PARSLEY POTATOES PEAS/SWEETCORN ***** CHOCOLATE MOUSSE WITH MANDARINS	LEEK AND POTATO SOUP ***** SWISS ROLL	f-mk-cg cg-mk  mk	cg-mk  mk-cg
<b>Tuesday</b>	TOAST cg-mk ***** BRANFLAKES cg ***** MILK/JUICE mk	SPAGHETTI BOLOGNAISE (QUORN MINCE) MIXED SALAD ***** FRESH FRUIT PLATTER	CHICKEN GOUJONS IN WHOLEMEAL PITTA BREAD ROCKET & TOMATO ***** **OATIE CHERRY COOKIES**	cg mk-cg  cg-mk	cg  cg-mk
<b>Wednesday</b>	TOAST cg-mk ***** SHREDDIES cg ***** MILK/JUICE mk	BAKED GAMMON SWEET POTATO MASH SEASONAL VEGETABLES GRAVY ***** BANANA CUSTARD	VEGETABLE FINGERS CHEESY JACKET WEDGE POTATOES SALAD ***** FRUIT YOGHURT APPLE WEDGE	mk  mk	cg-mk  mk
<b>Thursday</b>	TOAST cg-mk ***** CORNFLAKES cg ***** MILK/JUICE mk	PORK STROGONOFF BASMATI RICE PEAS ***** **BERRY & LIME DRIZZLE TRAY BAKE**	HAM ROLL VEGETABLE CHIPS COLESLAW ***** FRESH FRUIT PLATTER	cg  cg-mk-e	mk  mk
<b>Friday</b>	TOAST cg-mk ***** WEETABIX cg ***** MILK/JUICE mk	COTTAGE PIE BUTTON SPROUTS ROAST PARSNIPS GRAVY ***** BAKED APPLE & ICE CREAM	OVEN BAKED COD BITES IN A WHOLEMEAL PITTA WITH RAINBOW SALAD ***** FRUIT FOOL	cg  mk	cg-mk-f  mk

### Notes

Juice = 1 part dilute juice to 10 parts water

Drinks and snacks are served throughout the day  
(Biscuits cg-n-mk, Breadsticks cg-n, Rice cakes s, Fresh Fruit, Crudities .

ALL OF OUR QUALITY FRESH PRODUCE IS SOURCED FROM APPROVED  
BRITISH SUPPLIERS.

\*\*SUGAR SMART RECIPIE\*\*

REVISED- APRIL 2018 (Menu subject to change)

### Allergens

**Cereals containing gluten**

**Crustaceans**

**Molluscs**

**Eggs**

**Fish**

**Peanuts**

**Nuts**

**Soya**

**Milk**

**Celery**

**Mustard**

**Sesame**

**Lupin**

**Sulphur (level above 10mg/kg or 10mg/litre)**

### Abv

cg

c

m

e

f

p

n

s

mk

cy

md

se

l

sr