

HAPPY DAYS MENU PLAN WEEK 5

	BREAKFAST	LUNCH	TEA	ALLERGENS	
				Lunch	Tea
Monday	TOAST cg-mk ***** CORNFLAKES cg ***** MILK/JUICE mk	ROAST LAMB & MINT SAUCE ROAST POTATOES SEASONAL VEGETABLES GRAVY ***** **CHOCOLATE & PEAR SPONGE WITH CHOCOLATE SAUCE**	MACARONI CHEESE WITH HAM ***** FRESH FRUIT PLATTER	cg-mk mk-cg	cg-mk
Tuesday	TOAST cg-mk ***** WEETABIX cg ***** MILK/JUICE mk	ITALIAN MEAT BALLS JACKET WEDGE POTATOES SPINACH BABY CARROTS ***** FRUIT YOGHURT APPLE WEDGES	CARROT, SWEET POTATO & LENTIL SOUP CRUSTY BREAD ***** JAM TART	cg-e-mk mk	mk-cg mk-cg
Wednesday	TOAST cg-mk ***** CHEERIOS cg ***** MILK/JUICE mk	MILD CHICKEN CURRY BASMATI RICE TOMATO & CUCUMBER ***** FRUIT COCKTAIL & ICE CREAM	PIZZA SALAD/COLESLAW ***** **GINGER & ORANGE COOKIES**	cg-mk mk	mk-cg mk mk-cg
Thursday	TOAST cg-mk ***** BRANFLAKES cg ***** MILK/JUICE mk	SAUSAGE, TOMATO & CURLY KALE PASTA BAKE ROAST BUTTERNUT SQUASH ***** LEMON CUPCAKE	CHICKEN TACOS MIXED SALAD ***** SEASONAL FRUIT PAVLOVA	cg-mk mk-e-cg	cg mk
Friday	TOAST cg-mk ***** SHREDDIES cg ***** MILK/JUICE mk	BAKED COD SAVOURY RICE GREEN BEANS ***** FRESH FRUIT PLATTER	EGG BEANO ***** **SEASONAL FRUIT CRUMBLE GREEK YOGHURT**	mk-cg-f	mk-cg-e mk-cg

Notes

Juice = 1 part dilute to 10 parts water

Drinks and snacks are served throughout the day
(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- FEBRUARY 2019 (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