

Weekly Menu: Little Thurrock winter menu 23 24 Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Pork Sausages	Creamy Chicken Curry	Roast chicken	Cheese & Tomato Pizza	Fish Fingers
Mash Potatoes	Sweet Potato & Spinach Dhal	Roast Quorn Fillet	Potato Wedges	Quorn Dippers
Macaroni Cheese	Naan Bread	Roast Potatoes	Tomato and Basil Pasta	Chips
Jacket Potato with a Choice of Filling	Rice	Yorkshire Pudding	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
Tuna Mayo	Jacket Potato with a Choice of Filling	Gravy	Tuna Mayo	Tuna Mayo
Cheese	Tuna Mayo	Jacket Potato with a Choice of Filling	Cheese	Cheese
	Cheese	Tuna Mayo		
		Cheese		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Fresh Broccoli	Mixed Vegetables	Fresh Carrots	Sweetcorn	Peas
Baked Beans	Fresh Cauliflower	Fresh Cabbage	Green Beans	Baked Beans
Fresh Fruit	Baked Beans	Baked Beans	Baked Beans	Fresh Fruit
	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Dessert	Dessert	Dessert	Dessert	Dessert
Mixed Berries and Ice Cream	Lemon Drizzle Cake	Fruit Jelly	Ice Cream Roll	syrupe Sponge
Cheese (dessert)	Cheese (dessert)	Cheese (dessert)	Cheese (dessert)	Custard
Butter portions	Butter portions	Butter portions	Butter portions	Cheese (dessert)
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Butter portions
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Cream crackers

Monday	Tuesday	Wednesday	Thursday	Friday
				Yoghurt

Allergens

Pork Sausages: **Cereals containing gluten, Soya**; Mash Potatoes: **No allergens**; Macaroni Cheese: **Celery, Cereals containing gluten, Milk, Mustard**; Jacket Potato with a Choice of Filling: **No allergens**; Tuna Mayo: **Eggs, Fish**; Cheese: **Milk**; Fresh Broccoli: **No allergens**; Baked Beans: **No allergens**; Fresh Fruit: **No allergens**; Mixed Berries and Ice Cream: **Milk**; Cheese (dessert): **Milk**; Butter portions: **Milk**; Cream crackers: **Cereals containing gluten**; Yoghurt: **Milk**; Creamy Chicken Curry: **Celery, Mustard**; Sweet Potato & Spinach Dhal: **Celery, Mustard**; Naan Bread: **Cereals containing gluten**; Rice: **No allergens**; Mixed Vegetables: **No allergens**; Fresh Cauliflower: **No allergens**; Lemon Drizzle Cake: **Cereals containing gluten, Eggs**; Roast chicken: **Celery**; Roast Quorn Fillet: **Cereals containing gluten**; Roast Potatoes: **No allergens**; Yorkshire Pudding: **Cereals containing gluten, Eggs, Milk**; Gravy: **No allergens**; Fresh Carrots: **No allergens**; Fresh Cabbage: **No allergens**; Fruit Jelly: **No allergens**; Cheese & Tomato Pizza: **Celery, Cereals containing gluten, Eggs, Milk, Soya**; Potato Wedges: **No allergens**; Tomato and Basil Pasta: **Celery, Cereals containing gluten**; Sweetcorn: **No allergens**; Green Beans: **No allergens**; Ice Cream Roll: **Cereals containing gluten, Eggs, Milk, Soya**; Fish Fingers: **Cereals containing gluten, Fish**; Quorn Dippers: **Cereals containing gluten**; Chips: **No allergens**; Peas: **No allergens**; syrup Sponge: **Cereals containing gluten, Eggs**; Custard: **Milk**