

Weekly Menu: Little Thurrock winter menu 23 24 Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Quorn Hot Pot	Chilli con carne	Roast Gammon	Cheese & Tomato Pizza	Salmon Fingers
Meat Free Sausage Roll	Vegetable & Bean Fajitas	Roast Quorn Fillet	Potato Wedges	Vegetable Fingers
Herby Diced Potatoes	Rice	Roast Potatoes	Tuna Pasta Bake	Chips
Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Yorkshire Pudding	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
Cheese	Cheese	Gravy	Cheese	Cheese
Tuna Mayo	Tuna Mayo	Jacket Potato with a Choice of Filling	Tuna Mayo	Tuna Mayo
		Cheese		
		Tuna Mayo		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Sweetcorn	Fresh Broccoli	Fresh Cauliflower	Sweetcorn	Peas
Baked Beans	Mixed Vegetables	Fresh Carrots	Green Beans	Baked Beans
	Baked Beans	Baked Beans	Baked Beans	
Dessert	Dessert	Dessert	Dessert	Dessert
Frozen Yoghurt	Cocoa Sponge	Fruit Jelly	Oat Cookie	Banana Sponge
Yoghurt	Cocoa sauce	Yoghurt	Yoghurt	Yoghurt
Cheese (dessert)	Yoghurt	Cheese (dessert)	Cheese (dessert)	Cheese (dessert)
Butter portions	Cheese (dessert)	Butter portions	Butter portions	Butter portions
Cream crackers	Butter portions	Cream crackers	Cream crackers	Cream crackers
	Cream crackers			

Allergens

Quorn Hot Pot: **Celery, Eggs**; Meat Free Sausage Roll: **Cereals containing gluten**; Herby Diced Potatoes: **No allergens**; Jacket Potato with a Choice of Filling: **No allergens**; Cheese: **Milk**; Tuna Mayo: **Eggs, Fish**; Sweetcorn: **No allergens**; Baked Beans: **No allergens**; Frozen Yoghurt: **Milk**; Yoghurt: **Milk**; Cheese (dessert): **Milk**; Butter portions: **Milk**; Cream crackers: **Cereals containing gluten**; Chilli con carne: **Celery**; Vegetable & Bean Fajitas: **Cereals containing gluten**; Rice: **No allergens**; Fresh Broccoli: **No allergens**; Mixed Vegetables: **No allergens**; Cocoa Sponge: **Cereals containing gluten, Eggs**; Cocoa sauce: **Milk**; Roast Gammon: **No allergens**; Roast Quorn Fillet: **Cereals containing gluten**; Roast Potatoes: **No allergens**; Yorkshire Pudding: **Cereals containing gluten, Eggs, Milk**; Gravy: **No allergens**; Fresh Cauliflower: **No allergens**; Fresh Carrots: **No allergens**; Fruit Jelly: **No allergens**; Cheese & Tomato Pizza: **Celery, Cereals containing gluten, Eggs, Milk, Soya**; Potato Wedges: **No allergens**; Tuna Pasta Bake: **Celery, Cereals containing gluten, Fish, Milk**; Green Beans: **No allergens**; Oat Cookie: **Cereals containing gluten**; Salmon Fingers: **Fish**; Vegetable Fingers: **Cereals containing gluten**; Chips: **No allergens**; Peas: **No allergens**; Banana Sponge: **Cereals containing gluten, Eggs**