

Weekly Menu: Little Thurrock winter menu 23 24 Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Chicken Meatball in Tomato sauce	Shepherds Pie	Roast chicken	Cheese & Tomato Pizza	Fish Fingers
Pasta	Spanish Style Quorn Fillet	Roast Quorn Fillet	Potato Wedges	Vegan Sausage
Omelette	Herby Diced Potatoes	Roast Potatoes	Tomato Vegetable 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
Fresh Cauliflower	Fresh Broccoli	Fresh Carrots	Sweetcorn	Peas
Mixed Vegetables	Sweetcorn	Fresh Cabbage	Green Beans	Baked Beans
Baked Beans	Baked Beans	Baked Beans	Baked Beans	
Dessert	Dessert	Dessert	Dessert	Dessert
Fruit Smoothie	Pineapple upside down cake	Fruit Jelly	Angel Delight	Carrot cake
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Butter portions	Butter portions	Butter portions	Butter portions	Butter portions
Cheese (dessert)	Cheese (dessert)	Cheese (dessert)	Cheese (dessert)	Cheese (dessert)
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Cream crackers

Allergens

Chicken Meatball in Tomato sauce: **Celery**; Pasta: **Cereals containing gluten**; Omelette: **Eggs, Milk**; Jacket Potato with a Choice of Filling: **No allergens**; Cheese: **Milk**; Tuna Mayo: **Eggs, Fish**; Fresh

Cauliflower: **No allergens**; Mixed Vegetables: **No allergens**; Baked Beans: **No allergens**; Fruit Smoothie: **No allergens**; Yoghurt: **Milk**; Butter portions: **Milk**; Cheese (dessert): **Milk**; Cream crackers: **Cereals containing gluten**; Shepherds Pie: **Celery**; Spanish Style Quorn Fillet: **Celery, Cereals containing gluten**; Herby Diced Potatoes: **No allergens**; Fresh Broccoli: **No allergens**; Sweetcorn: **No allergens**; Pineapple upside down 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 Vegetable pasta bake: **Celery, Cereals containing gluten**; Green Beans: **No allergens**; Angel Delight: **Milk**; Fish Fingers: **Cereals containing gluten, Fish**; Vegan Sausage: **Cereals containing gluten**; Chips: **No allergens**; Peas: **No allergens**; Carrot cake: **Cereals containing gluten, Eggs**