

DORSET HALL NURSERY and DORSET HALL NURSERY PARKSIDE

Monday 11th to Friday 15th October 2021

WEEK 4		Autumn Menu		
Date	Lunch Menu	Ingredients	Tea Menu	Ingredients
MONDAY	Vegetarian Herby Bulgar Wheat Served with Salad	Carrots, garden peas, cauliflower florets, onions, garlic, black pepper, thyme, tomato, bulgar wheat Salad: iceberg lettuce, tomato, cucumber Allergens: WHEAT	Lentils Vegetarian Pasta Bake in a Rich Tomato Sauce	Lentils, cauliflower florets, broccoli, carrots, onions, garlic, black pepper, thyme, courgetti, tomato, pasta Allergens: WHEAT
TUESDAY	Mango Chicken Curry with Coconut Milk Vegetarian option: Lentils and Vegetable Curry (Lentils, mango, coconut milk, curry, turmeric, onions, carrots, garden peas, cauliflower florets, garlic, black pepper, basmati rice) Served with Salad	Chicken, mango, coconut milk, curry powder, turmeric, onions, carrots, garden peas, cauliflower florets, garlic, black pepper, basmati rice Salad: iceberg lettuce, tomato, cucumber Allergens: COCONUT MILK	Flat Bread Pizza with Sweet Corn and Tomato Sauce	Whole meal flat bread, tomato sauce, sweet corn, cheddar cheese Allergens: WHEAT, MILK

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WEDNESDAY	<p>Lentils and Spinach with Sweet Potato Hotpot</p> <p>Served with Salad</p>	<p>Lentils, spinach, tomato, carrots, onions, mixed herbs, black pepper, garlic, cauliflower florets, sweet potato, potato</p> <p>Salad: iceberg lettuce, tomato, cucumber</p> <p>Allergens: WHEAT</p>	<p>Homemade Oven Chips and Baked Beans</p>	<p>Potato, haricot beans, sweet paprika, tomato, water, black pepper, garlic</p> <p>Allergens: NONE</p>
THURSDAY	<p>Special Chicken Fried Rice</p> <p>Vegetarian Option: Special Vegetable Fried Rice (Cabbage, cauliflower, red pepper, green pepper, yellow pepper, onions, brown rice)</p>	<p>Chicken breast, red pepper, green pepper, yellow pepper, leeks, onion, garlic, carrots, brown rice</p> <p>Allergens: NONE</p>	<p>Spaghetti Bolognese in a Rich Tomato Sauce</p> <p>Vegetarian Option: Vegetarian Spaghetti in a Rich Tomato Sauce</p>	<p>Beef mince, carrots, sweet corn, garden peas, tomato, garlic, black pepper, cauliflower florets, spaghetti pasta</p> <p>Vegetarian: Beans, carrots, sweet corn, garden peas, tomato, garlic, black pepper, cauliflower florets, spaghetti pasta)</p> <p>Allergens: WHEAT</p>
FRIDAY	<p>Cauliflower Cheese with Milk and Cheddar Cheese</p> <p>Served with Salad</p>	<p>Cauliflower, milk, soya milk, flour, dairy free butter, cheddar cheese</p> <p>Salad: iceberg lettuce, tomato, cucumber</p> <p>Allergens: MILK, SOYA</p>	<p>Lentils and Couscous with Vegetables One Pot</p>	<p>Lentils, carrots, garden peas, cauliflower florets, sweet corn, black pepper, garlic, mixed herbs, couscous</p> <p>Allergens: WHEAT</p>