

DORSET HALL NURSERY and DORSET HALL PARKSIDE NURSERY
Monday 06th to Friday 10th December 2021

WEEK 1		Winter menu		
Date	Lunch Menu	Ingredients	Tea Menu	Ingredients
MONDAY	Vegetarian Lentils Bulgur Wheat Stew Served with Salad	Chickpeas, tomato, onions, garlic, black pepper, thyme, cauliflower florets, carrots, garden peas, bulgur wheat Salad: iceberg lettuce, tomato, cucumber Allergens: WHEAT	Turkey Stir Fry Vermicelli Noodles	Turkey breast, red pepper, yellow pepper, beansprouts, carrots, white cabbage, green cabbage, onions, garlic, black pepper, soya sauce, rice Noodles Allergens: SOYA
TUESDAY	Sweet and Sour Chicken with Pineapple Chunks served with Rice Vegetarian option Carrots, pineapple chuck, tomato puree, onions, black pepper, garlic, thyme, bulgur wheat Served with Salad	Chicken breast, carrot, pineapple chuck, tomato puree, vinegar, sweet paprika, leek, onions, black pepper, garlic, thyme, tomato, red pepper, yellow pepper, green pepper, brown rice Salad: iceberg lettuce, tomato, cucumber Allergens: NONE	Butternut Squash Soup served with Bread	Butternut squash, garlic, sweet paprika, black pepper, brown bread Allergens: WHEAT

<p>WEDNESDAY</p>	<p>Beef and Vegetable in Tomato Sauce served with Crunchy Potato</p> <p>Vegetarian Option Beans, tomato, carrot, onions, black pepper, garden peas, cauliflower floret, garlic, crunchy potato</p> <p>Served with Salad</p>	<p>Beef mince, tomato, carrot, onions, black pepper, garden peas, parsley, cauliflower floret, garlic, potato</p> <p>Salad: iceberg lettuce, tomato, cucumber</p> <p>Allergens: NONE</p>	<p>Red Pesto with Basil and Garlic Pasta</p>	<p>Basil, Sundried tomato, roasted pepper, garlic, fusilli pasta</p> <p>Allergens: WHEAT</p>
<p>THURSDAY</p>	<p>Chicken and Vegetable Fried Rice</p> <p>Vegetarian Option Cabbage, red pepper, yellow pepper, garlic, black pepper, thyme, bay leaf, rice</p> <p>Served with Salad</p>	<p>Chicken breast, red pepper, yellow pepper, green pepper, cabbage, carrots, garden peas, garlic, black pepper, thyme, bay leaf, onion, basmati rice</p> <p>Salad: iceberg lettuce, tomato, cucumber</p> <p>Allergens: NONE</p>	<p>Lentils and Vegetables with Sweet potato Hotpot</p>	<p>Lentils, onions, garlic, black pepper, leeks, thyme, broccoli, kale, turmeric, sweet potato, potato</p> <p>Allergens: NONE</p>
<p>FRIDAY</p>	<p>Fish Pie with Creamy mashed Potato and Cheddar Cheese</p> <p>Served with Salad</p>	<p>Cod, salmon, milk, soya, sweet corn, garden peas, grated cheddar cheese</p> <p>Allergens: FISH, MILK, SOYA MILK</p>	<p>Vegetarian Pilau Rice with Chickpeas</p>	<p>Chickpeas, Onions, garlic, carrots, garden peas, cauliflower florets, black pepper, mixed herbs, basmati rice</p> <p>Allergens: CHICKPEAS</p>