

DORSET HALL NURSERY and DORSET HALL NURSERY PARKSIDE

WEEK 1		Spring / Summer Menu		
Date	Lunch Menu	Ingredients	Tea Menu	Ingredients
MONDAY	Vegetarian Biryani Salad	Cabbage, red pepper, yellow pepper, green pepper, carrots, garden peas, turmeric, bay leaves, thyme, garlic, black pepper, onions, basmati rice Allergens: NONE	Macaroni Cheese with Sweet Corn and Cheddar Cheese	Macaroni pasta, sweet corn, milk, soya milk, flour, grated cheddar cheese Allergens: WHEAT, MILK, SOYA
TUESDAY	Meatballs with Vegetables Stew served with Crunchy Potato Vegetarian option: Beans with Vegetables Stew Salad	Beef mince, onions, garlic, black pepper, carrots, peas, thyme, tomato, cauliflower florets, potato Allergens: NONE	Assorted Sandwiches Served with a choice of Milk, Soya Milk, and Water	Chicken slices, cheese, tuna, cucumber, lettuce, tomato, dairy free butter, whole meal bread Allergens: MILK, SOYA, WHEAT, FISH

<p>WEDNESDAY</p>	<p>Chicken and Vegetable Curry with Coconut Milk served with Rice</p> <p>Vegetarian option: Chickpeas and Vegetable Curry</p> <p>Salad</p>	<p>Chicken breast, chickpeas, coconut milk, leeks, cabbage, red pepper, yellow pepper, green pepper, celery, carrot, brown rice</p> <p>Allergens: CELERY, CHICKPEAS</p>	<p>Sundried Tomato and Red Roasted Pepper Pesto with Noodles</p>	<p>Sundried tomato, roasted peppers, basil, garlic, noodles, whole wheat noodles</p> <p>Allergens: WHEAT</p>
<p>THURSDAY</p>	<p>Beef Sauce and Vegetables served with Potato</p> <p>Vegetarian Option: Beans, tomato, carrot, onions, black pepper, garden peas, cauliflower floret, garlic, bulgar wheat</p> <p>Salad</p>	<p>Beef mince, cauliflower florets, tomato, courgette, carrots, garden peas, onion, garlic, black pepper, parsley, potato</p> <p>Allergens: NONE</p> <p>Vegetarian Option Allergens: WHEAT</p>	<p>Baked Beans and Toast Served with a Choice of Water, Milk, and Soya Milk</p>	<p>Haricot beans, cannellini beans, bay leaves, onion, garlic, cherry tomato, water, brown bread</p> <p>Allergens: WHEAT, SOYA, MILK</p>
<p>FRIDAY</p>	<p>Vegetarian Jolof Rice in Rich Tomato Sauce</p> <p>Salad</p>	<p>Tomato, carrots, garden peas, cauliflower florets, garlic, black pepper, onions, bay leaf, thyme, basmati rice</p> <p>Allergens: NONE</p>	<p>Tuna Pasta Bake in Rich Tomato Sauce</p>	<p>Tuna, courgetti, carrots, sweet corn, peas, tomato, black peppers, basil, garlic, penne pasta</p> <p>Allergens: FISH, WHEAT</p>