

Playcentre Menus 2015-2016: Week 1

This red text provides information with regard to the 14 allergen groups. There is also an allergen file held within the office.
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 P=Peanuts/SS=Sesame Seeds/S=Soya/SD&S=Sulphur Dioxide & Sulphites

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Crumpets, marmite, banana & cup of milk. Allergens: W / M	Children's choice of cereal , Milk, with melon & cup of diluted orange juice. Allergens: W / B / M	Wholemeal toast and marmalade, banana & cup of milk Allergens: W / S / M /SD&S	Weetabix, Milk, & sultanas & cup of diluted cranberry juice. Allergens: W / B / M	Porridge, Milk, sultanas & cup of diluted cranberry juice. Allergens: CG / M
Lunch	Chicken Tikka Masala <i>Tender pieces of chicken fillet, in a mild curry & coriander sauce.</i> Allergens: Mu/MC	Carved Roast Turkey served with stuffing, cranberry sauce and homemade gravy. Allergens: M/CG	<i>BBq chicken Wraps</i> <i>Roasted chicken with lettuce and BBQ sauce in a soft tortilla wrap.</i> Allergens: S/CG/C	Homemade Beef Lasagne <i>Lean minced beef, with pasta, tomato, herb & cheese sauce.</i> Allergens: M / CG /C	Salmon Fishcakes <i>Flaked fresh salmon with potato, spring onion and coated in crispy crumbs.</i> Allergens: W/ M /F/E/CG
Vegetarian option	Vegetable Curry <i>Selection of fresh vegetables, beans and pulses bound in a mild curry sauce finished with coconut milk.</i> Allergens: SD&S/Mu/M/C	Cheese and Tomato Quiche <i>Short crust pastry with tomatoes, onions, cheese & savoury custard.</i> Allergens: M/E/CG	<i>Roasted vegetable Wraps</i> <i>Roasted Vegetables with lettuce and BBQ sauce in a soft tortilla wrap.</i> Allergens: S/CG/C	Veggie Mince Lasagne <i>Lean veggie mince, with pasta, tomato, herb & cheese sauce.</i> Allergens: W/S/M/CG/C	Mushroom Ravioli <i>Served with a tomato and basil sauce, topped with cheese.</i> Allergens: W/ M/ E/ CG/ C
Vegetables of the day	Served with Rice and two vegetables.	Served with Roast potatoes and two vegetables.	Served with Jacket Wedges and two vegetables.	Served with Baby new potatoes and two vegetables.	Served with chips and two vegetables.
Pudding	Natural yogurt with grapes with a cup of water Allergens: M	Grapes with sugar free jelly with a cup of water	Sugar free angel delight, grapes with a cup of water Allergens: M	Apple & Orange segments with a cup of water	Peaches & Pears with a cup of water
Tea	Tuna ,mayonnaise, sandwiches & oranges with a cup of water Allergens: F/ M/E / MU/CG/S	Rice pudding & cubed apples with a cup of water Allergens: M	Sweet potato, cauliflower and sweetcorn soup with breadsticks. Allergens: CG/M/SS.	Cream cheese, ham , crackers and cucumber. with a cup of water Allergens: W / CG	Cheese / ham Sandwiches & banana with a cup of water Allergens: M / CG/S

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Playcentre Menus 2015-2016: Week 2

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast, marmalade, melon & milk. Allergens: W / S / M / SD & S	Weetabix , Milk, with melon & cup of diluted orange juice. Allergens: W / B / M	Crumpets ,marmite, banana & cup of milk. Allergens: W / M	Children's choice of cereal , Milk, with banana & cup of diluted orange juice. Allergens: W / B / M	Porridge, Milk, sultanas & cup of diluted cranberry juice. Allergens: CG / M
Lunch	Carved Roast Loin of Pork served with apple sauce and homemade gravy Allergens: CG	Home Made Thick Vegetable Broth Allergens: E / CG / C	Homemade Meatballs in a tomato and garlic sauce and served with spaghetti Allergens: E/CG/C	Oven Roasted crispy chicken burgers In a Soft sesame bun Allergens: W/SS/MU/E/CG/C	Fresh roasted salmon Allergens: F
Vegetarian option	Spinach and Ricotta Cannelloni Tubes of pasta filled with spinach and ricotta, glazed with cheese Allergens: W / M		Swedish style Quorn Balls (V) in a tomato and garlic sauce and served with spaghetti Allergens: W / E / CG	Cheese & Potato Pie (V) Mashed potato topped with a cheese sauce and sliced tomatoes Allergens: W/M/CG/C	Chinese style noodles Soy and sesame steamed noodles with garlic and strips of vegetables Allergens: W/SD&S/SS/CG
Vegetables of the day	Served with Roast potato and two vegetables	Served with freshly Baked Baguette Allergens: W	Served with two vegetables	Served with Jacket Wedges and two vegetables	Served with chips and two vegetables
Pudding	Grapes with sugar free jelly with a cup of water	Fruit cocktail with a cup of milk Allergens: M	Apple & Orange segments with a cup of water	Sugar free angel delight, banana with a cup of water Allergens: M	Natural yogurt with grapes with a cup of water Allergens: M
Tea	Homemade Seasonal fruit muffins with warm custard and a cup of water Allergens: M / W	Rice pudding & cubed apples with a cup of water Allergens: M	Tuna ,mayonnaise, sandwiches with sticks of carrots & cup of water Allergens: F / M / E / MU / CG / S	Cheese & tomato pasta bake with cup of water. Allergens: M / W	Cheese / ham Sandwiches & oranges with a cup of water Allergens: M / W / S

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Playcentre Menus 2015-2016: Week 3

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Children's choice of cereal , Milk, with melon & cup of diluted apple juice. Allergens: W / B / M	Porridge, Milk, sultanas & cup of diluted cranberry juice. Allergens: CG / M	Crumpets ,marmite, banana & cup of milk. Allergens: W / M	Weetabix , Milk, with melon & cup of diluted orange juice. Allergens: W / B / M	Wholemeal toast, marmalade, banana & milk. Allergens: W /S/ M / SD & S
Lunch	Mild Chilli Con Carne <i>Lean minced beef in a chilli and tomato sauce with red kidney beans</i> Allergens: W/CG/C	Carved Roast Turkey served with stuffing, cranberry sauce and homemade gravy Allergens: M/CG	Pasta Carbonara <i>Penne pasta in a cream sauce with ham, mushrooms and garlic</i> Allergens: W/M/CG/C	Homemade Vegetable and lentil Stew Allergens: SD&S/M/CG/C	Crispy Fish Goujons <i>Strips of fish in cajan bread crumbs</i> Allergens: W/M/F/E/CG
Vegetarian option	Vegetable Chilli Wraps (V) <i>Vegetable mince with tomato & garlic sauce, in a tortilla wrap, glazed with cheddar cheese</i> Allergens: W/S/M/CG/C	Vegetable Pasta Bake (V) <i>Vegetables and pasta in a tomato sauce glazed with cheese</i> Allergens: W/M/CG	Quorn and mushroom Stroganoff (V) <i>Sautéed quorn and mushrooms in a creamy sauce with paprika & garlic</i> Allergens: M/E/C		Risotto Balls (V) <i>Sweet potato risotto rolled in crispy breadcrumbs, fried and served with a tomato salsa</i> Allergens: W/M/E/CG/C
Vegetables of the day	Served with Penne Pasta and two vegetables Allergens: W	Served with Roast potato and two vegetables	Served with Two vegetables	Served with freshly baked Baguette Allergens: W	Served with chips and two vegetables
Pudding	Natural yogurt with grapes with a cup of water Allergens: M	Grapes with sugar free jelly with a cup of water	Apple & Orange segments with a cup of water	Sugar free Angel delight with bananas with a cup of water Allergens: M	Peaches & Pears with a cup of milk Allergens: M
Tea	Wholemeal toast fingers with sardine pate made with natural yogurt, lemon juice peppercorn and parsley with a cup of water Allergens: W / F / M /SD & S	Ham , crackers and cucumber with apple and a cup of water Allergens: W / M	Wholemeal toast with tomatoes and cheese, with a cup of water. Allergens: W / M	Pitta bread, ham, tomato parsley and cheese pizzas with a cup of water. Allergens: W / CG/ M	Cream cheese, toasted bagels and pineapple chunks. Allergens: W / R/ B / SS / M

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Playcentre Menus 2015-2016: Week 4

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge, Milk, sultanas & cup of diluted cranberry juice. Allergens: CG / M	Weetabix , Milk, with banana & cup of diluted orange juice. Allergens: W / B / M	Children's choice of cereal , sultanas & cup of diluted apple juice. Allergens: W / B / M	Crumpets ,marmite, banana & cup of milk. Allergens: W / M	Wholemeal toast, marmalade, melon & milk. Allergens: W /S/ M / SD & S
Lunch	BBQ Chicken <i>Lean char grilled chicken breast in a classic BBQ sauce.</i> Allergens: W / B / S /CG / C	Carved Mustard and Sugar Baked Ham <i>Freshly carved and served with parsley sauce.</i> Allergens: M / MU	Cumberland Sausage <i>Served in a giant Yorkshire pudding with onion gravy.</i> Allergens: SD&G/ M / E / CG	Cottage Pie <i>Lean minced beef in rich onion gravy topped with fresh mashed potato .</i> Allergens: M /C	Fresh cod In breadcrumbs. Allergens: W/M/F/E/CG
Vegetarian option	Garlic Mushrooms <i>Sautéed mushrooms with garlic and cream and served in a giant vol au vent.</i> Allergens: M/CG	Vegetable Chilli (V) <i>Vegetarian mince in a chilli sauce with pilau rice.</i> Allergens: S/CG/C	Mac n Cheese (V) <i>Macaroni pasta in a rich cheese sauce.</i> Allergens: W / M / CG	Chinese style noodles <i>Soy and sesame steamed noodles with garlic and strips of vegetables.</i> Allergens:W/SD&S/SS/E/CG	Leek and Asparagus Quiche (V) <i>Short crust pastry with leeks, asparagus, cheese & savoury custard.</i> Allergens: W / M / E / CG
Vegetables of the day	<i>Served with Parsley Potatoes and two vegetables.</i>	<i>Served with Baby potatoes and two vegetables.</i>	<i>Served with Mashed potatoes and two vegetables.</i> Allergens: M	<i>Served with Roast potatoes and two vegetables.</i>	<i>Served with Chips and two vegetables.</i>
Pudding	Sugar free Angel delight with grapes with a cup of water Allergens: M	Peaches & Pears with a cup of milk Allergens: M	Natural yogurt with grapes with a cup of water Allergens: M	Fruit cocktail with a cup of milk Allergens: M	Banana
Tea	Crackers and cucumber with apple and a cup of water Allergens: W/ M	Cauliflower ,Brocoli and garlic soup with wholemeal bread soldiers Allergens: W /G / M /SS	Baked Beans on wholemeal toast, with a cup of water. Allergens: W / M	Tuna ,mayonnaise, sandwiches & oranges cup of water Allergens: F/ M/E / MU/CG/S	Seasonal crumble & ice cream Allergens: W / G / M

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