

# Playcentre Menus 2015-2016: Week 1

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

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

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

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