

WEEKLY MENU

(Week 22nd January – 26th January 2024)

Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	(V) Apple Yoghurt Puree (D)	Mini Pain Au Chocolate (D, E, G)	(V) Sliced Pear	(V) Overnight Blueberry Oats (D, G)	(V) Crudites & Wholegrain Crackers (G)
LUNCH	Stewed Moroccan Lamb Carrot & Broccoli Cous-cous (G)	Chicken Quesadilla Tomato, Corn & Lettuce Salad (D, G)	(V) Mashed Chickpeas Eggplant & Mushroom Fried Mixed Rice (G)	Baked Fish In Vegetable Curried Zucchini & Pumpkin Pasta Macaroni (E, G)	Beef Stroganoff Peas & Carrot Mashed Potato (D, G)
DESSERT	(V) Banana Pudding (D)	(V) Watermelon Triangle	(V) Raspberry Yoghurt (D)	(V) Fruit Pot	(V) Homemade Brownie (D, E, G)

Allergen Legend:

D – Dairy
E – Egg
G – Gluten

Dietary Specification:

V – Vegetarian

WEEKLY MENU

(Week 29th January – 2nd February 2024)

Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	(V) Strawberry Yoghurt Puree (D)	(V) Danish Sultana (D, E, G)	(V) Banana & Oatmeal (D, G)	(V) Mango & Apple Puree	(V) Blueberry & Banana Rice Cereal (D, G)
LUNCH	Roasted Chicken with Herb Spinach & Carrots Baked Potato Wedges	Light Soy Sauce Baked Fish Oriental Vegetables Fragrant Basmati Rice (G)	(V) Stewed Chickpeas In Tomatoes Peas & Broccoli Mashed Sweet Potatoes (D, G)	Sauteed Mince Beef In Thymes & Onion Tomatoes & Zucchini Penne Aglio Olio (E, G)	Baked Chicken In Onion & Mushroom Sauteed Vegetables Cous-cous (G)
DESSERT	(V) Fruity Pudding (D)	(V) Mixed Fruits Salad	(V) Fruit Yoghurt Puree (D)	(V) Fruit Pot	(V) Blueberry Muffins (D, E, G)

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