

Dolphins Winter Menu 2018

January, February & March

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---|--|---|---|---|
| WEEK 1 | Breaded Haddock with Croquettes, Marrowfat Peas & Sweetcorn | Mild Chilli con Carne with Rice, Nachos & Sour Cream | Roast Turkey & Cranberry Sauce, York Pud, Roast Potatoes, Carrots & Swede and Button Sprouts | Beef & Vegetable Casserole with Dumplings, Creamy Mash & Broad Beans | Mediterranean Vegetable Pasta Bake with Broccoli & Warm Crusty Ciabatta |
| LUNCH | Banana Sundae Fresh Fruit or Natural Yoghurt & Honey | Berry Strudel & Creme Fraiche Fresh Fruit or Natural Yoghurt & Honey | Lemon Drizzle Cheesecake Fresh Fruit or Natural Yoghurt & Honey | Spotted Dick & Custard Fresh Fruit or Natural Yoghurt & Honey | Caramel Shortbread Fresh Fruit or Natural Yoghurt & Honey |
| TEA | Bonfire Bangers, Beans & Mash Flapjack, Fruit or Yoghurt | Breaded Chicken Fillet Wraps with Grated Cheese & Salad Bananas & Custard, Fruit or Yoghurt | Hot Quiche with Creamy Tomato Pasta Ice-Cream Roll, Fruit or Yoghurt | Assorted Egg/Cress, Ham, Cheese & Tomato Sandwich Buffet Apple Puffs, Fruit or Yoghurt | Fishcake, Potato Waffle, Peas & Sweetcorn Strawberry Delight or Yoghurt |
| WEEK 2 | Chicken & Mushroom Stroganoff with Red Pepper Rice & Broccoli | Steak Pie with Boiled Potatoes, Cabbage & Leeks and Carrots | Quorn Sausage Pasta Bake with Garlic Bread & Green Salad | Herby Crusted Salmon with Croquettes and Ratatouille | Roast Pork with Apple Sauce, Stuffing, York Pud, Roast Potatoes, Cauliflower & Mixed Veg |
| LUNCH | Blueberry Muffin & Custard Fresh Fruit or Natural Yoghurt & Honey | Lime Cheesecake Fresh Fruit or Natural Yoghurt & Honey | Hot Winter Fruits & Creme Fraiche Fresh Fruit or Natural Yoghurt & Honey | Raspberry Trifle Fresh Fruit or Natural Yoghurt & Honey | Choc Fudge Cake & Ice-Cream Fresh Fruit or Natural Yoghurt & Honey |
| TEA | Tuna Pasta Bake with Mixed Vegetables Peach Melba, Fruit or Yoghurt | Bowl of Hearty Sausage & Vegetable Casserole Raspberry Mousse, Fruit or Yoghurt | Ham, Egg & Cheese Toasted Muffin Choc Sponge & Custard, Fruit or Yoghurt | Home-made Leek & Potato Soup with Wholemeal Roll Ice-Cream Roll, Fruit or Yoghurt | Jacket Potato with Cheese & Baked Beans Home-made Cake, Fruit or Yoghurt |
| WEEK 3 | Quorn Country Mince with Sliced Jackets, Carrots & Swede and Green Beans | Cheese, Bacon & Leek Pasta with Broccoli & Mixed Vegetables | Traditional Lamb Hot Pot with Roasted Parsnips & Red Cabbage | Chicken & Pineapple Curry with Brown Rice, Poppadoms & Tomato Salad | Creamy Fish Pie with Buttered Sweetcorn & Kale |
| LUNCH | Black Forest Gateau Fresh Fruit or Natural Yoghurt & Honey | Apple & Apricot Crumble & Creme Fraiche Fresh Fruit or Natural Yoghurt & Honey | Sticky Toffee Pudding & Custard Fresh Fruit or Natural Yoghurt & Honey | Mandarins & Ice-Cream Fresh Fruit or Natural Yoghurt & Honey | Cherry Pie Fresh Fruit or Natural Yoghurt & Honey |
| TEA | Dolphins Does Dominoes Pizza Party Cookie, Fruit or Yoghurt | Chinese Chicken Noodle Stir Fry Home-made Cake, Fruit or Yoghurt | Fish Finger Baps with Ketchup and Salad Banana Split, Fruit or Yoghurt | Hot Sausage Roll, Potato Wedges & Spaghetti Creme Caramel, Fruit or Yoghurt | Beef & Mushroom Curry & Rice Trifle, Fruit or Yoghurt |

Vegetarian, Quorn and any Dietary Requirements are available on all meals. Very Young Children may have alternative on occasions

Ingredients that contain allergens are on the other side

