

Dolphins Spring Menu 2018

April, May and June

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Country Cottage Pie with Carrots, Cabbage & Leeks and Gravy	Baked Salmon with Lemon Butter Sauce, Roasted Vegetables & Boiled Potatoes	Lamb & Vegetable Pot Roast with Herb Dumplings, Broccoli & Broad Beans	Vegetarian Meatballs in Savoury Tomato Sauce, Pasta, Grated Cheese & Green Salad	Mild Chicken Tikka with Mushroom Rice, Naan & Cucumber Mint Raita
LUNCH	Lemon Meringue Pie Fresh Fruit or Natural Yoghurt & Honey	Apple Crumble & Custard Fresh Fruit or Natural Yoghurt & Honey	Strawberry Sundae Fresh Fruit or Natural Yoghurt & Honey	Chocolate Cornflake Cups Fresh Fruit or Natural Yoghurt & Honey	Home-made Sponge Cake Fresh Fruit or Natural Yoghurt & Honey
TEA	Fishcake, Potato Waffle, Peas & Sweetcorn Trifle	'Howdy' Hot Dogs & Cowboy Beans Peach Melba	Hot Quiche with Creamy Tomato Pasta Home-made Cake	Chinese Chicken Noodle Stir Fry Jam Sponge & Custard	Assorted Sandwich Buffet with Crudities Chocolate Mousse
WEEK 2	Creamy Turkey Pasta Bake with Wholemeal Wedge & Mixed Vegetables	Roast Beef & York Pudd, Roast Potatoes & Parsnips, Red Cabbage & Green Beans	Moroccan Vegetable Tagine, Colourful Cous Cous, Warm Pitta & Sour Cream	Sausage & Root Veg Mash Pie, Cauliflower Florets & Garden Peas	Hake & Parsley Sauce, Baby Potatoes, Broccoli & Buttered Sweetcorn
LUNCH	Chocolate Profiteroles Fresh Fruit or Natural Yoghurt & Honey	Fresh Red Berry Ice-Cream Fresh Fruit or Natural Yoghurt & Honey	Oat & Raisin Cookie Fresh Fruit or Natural Yoghurt & Honey	Tropical Fruit Salad Fresh Fruit or Natural Yoghurt & Honey	Pear Puffs & Custard Fresh Fruit or Natural Yoghurt & Honey
TEA	Jacket Potatoes with Cheese & Baked Beans Chocolate Chip Muffin	Tuna Pasta Bake with Mixed Vegetables Cookie	Breaded Chicken Fillet Wraps with Grated Cheese & Salad Bananas & Custard	Home-made Scotch Broth with Wholemeal Roll Ice-Cream Roll	Tasty Cornish Pasty & Spaghetti Home-made Cake
WEEK 3	Quorn Sausage Traybake, Potato Croquettes & Baked Beans	Sticky Pork with Red Pepper Brown Rice and Steamed Green Vegetables	Breaded Cod with Cheesy Mash and Mixed Vegetables	Roast Chicken & Stuffing, York Pudd, Roast Potatoes, Carrots, Swede & Sprouts	Penne Bolognese Pie with Garlic Bread & Green Salad
LUNCH	Syrup Sponge & Custard Fresh Fruit or Natural Yoghurt & Honey	Mixed Melon Cocktail Fresh Fruit or Natural Yoghurt & Honey	Rhubarb Pie & Creme Fraiche Fresh Fruit or Natural Yoghurt & Honey	Bread Pudding & Ice-Cream Fresh Fruit or Natural Yoghurt & Honey	Chocolate Cheesecake Fresh Fruit or Natural Yoghurt & Honey
TEA	Pork, Pineapple & Red Pepper Curry & Rice Vanilla Cheesecake	Dolphins Does Dominoes Pizza Party Home-made Cake	Bowl of Hearty Sausage & Vegetable Casserole Choc Ice	Cheese & Bacon Puff Pastries, Coleslaw & Mixed Salad Flapjack	Fish Fingers, Cheesy Mash & Peas Strawberry Delight

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

Food Allergen Information

Cereals, Crustaceans, Eggs, Fish, Peanuts, Soybeans, Milk, Nuts, Celery, Mustard, Sesame, Sulphur Dioxide or Sulphites, Lupin & Molluscs

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK</u> 1	Cottage Pie - Milk, Wheat, Soya Lemon Meringue Pie - Wheat, Egg, Milk	Salmon - Fish Lemon Butter Sauce - Barley, Egg, Wheat, Milk Apple Crumble - Crumble Custard - Milk	Dumplings - Wheat Gravy - Wheat, Soya Strawberry Sundae - Milk	Veg Meatballs - Barley, Egg, Wheat Pasta - Wheat Cheese - Milk Choc Cornflake - Milk	Tikka - Milk, Mustard Naan - Wheat, Milk Raita - Milk Sponge Cake - Wheat, Egg
TEA	Fishcake - Fish, Wheat Trifle - Wheat, Milk, Egg	Hot Dogs - Wheat, Sodium Sulphite Peach Melba - Milk	Quiche - Wheat, Milk, Eggs Creamy Tom Pasta - Milk Cake - Wheat, Egg	Stir Fry - Wheat, Barley, Soya Jam Sponge - Wheat, Egg Custard - Milk	Sandwiches - Wheat, Egg, Milk Chocolate Mousse - Milk
<u>WEEK</u> 2	Creamy Turkey Pasta - Wheat, Wholemeal Wedge - Barley, Soya, Wheat Profiteroles - Egg, Milk, Nuts, Wheat	York Pudding - Wheat, Eggs, Milk Gravy - Wheat, Soya Ice-Cream - Milk	Cous Cous - Wheat Pitta - Wheat Sour Cream - Milk Cookie - Milk, Soya, Wheat	Sausage - Wheat, Sodium Sulphite, Soya Root Veg Mash - Milk	Hake - Fish Parsley Sauce - Celery, Wheat Buttered Sweetcorn - Milk Pear Puffs - Wheat, Milk Custard - Milk
TEA	Jackets - Milk Choc Chip Muffin - Egg, Milk, Wheat, Soya	Tuna Pasta - Fish, Wheat Cookie - Wheat, Milk, Soya	Brd Chicken Wraps - Milk Custard - Milk	Wholemeal Roll - Barley, Soya, Wheat Ice-cream Roll - Wheat, Milk, Egg	Cornish Pasty - Barley, Wheat, Egg, Milk Cake - Wheat, Egg
<u>WEEK</u> 3	Quorn Sausage - Barley, Egg, Wheat Croquettes - Barley, Wheat Syrup Sponge - Wheat, Egg Custard - Milk		Brd Cod - Fish Cheesy Mash - Milk Rhubarb Pie - Wheat, Egg Creme Fraiche - Milk	Stuffing - Wheat York Pudding - Wheat, Eggs, Milk Gravy - Wheat, Soya Bread Pudding - Wheat, Egg, Milk Ice-Cream - Milk	Pasta - Wheat Garlic Bread - Wheat Cheesecake - Wheat, Eggs, Milk
TEA	Curry - Milk, Mustard Cheesecake - Wheat, Eggs, Milk	Pizza - Milk, Wheat Cake - Wheat, Egg	Sausage Casserole - Wheat, Sodium Sulphite, Soya Choc Ice - Milk	C & B Puff Pastries - Wheat, Milk Coleslaw - Egg, Milk, Mustard Flapjack - Milk, Oats	Fish Fingers - Fish, Wheat Cheesy Mash - Milk Strawberry Delight - Milk

Yoghurts - Milk