

# Dolphins Winter Menu 2019

January, February & March

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<b>Breaded Haddock with Potato Croquettes, Marrowfat Peas &amp; Sweetcorn</b>	<b>Mild Chilli con Carne with Boiled Rice, Nachos &amp; Sour Cream</b>	<b>Roast Turkey &amp; Cranberry Sauce, York Pud, Roast Potatoes, Carrots &amp; Swede and Button Sprouts</b>	<b>Beef &amp; Vegetable Casserole with Dumplings, Boiled Potatoes &amp; Broccoli</b>	<b>Mediterranean Vegetable Pasta Bake, Garlic Bread &amp; Green Salad</b>
<b>LUNCH</b>	Lemon Meringue Pie Fresh Fruit or Natural Yoghurt & Honey	Orchard Fruit Crumble & Custard Fresh Fruit or Natural Yoghurt & Honey	Chocolate Cheesecake Fresh Fruit or Natural Yoghurt & Honey	Rhubarb & Custard Trifle Fresh Fruit or Natural Yoghurt & Honey	Syrup Sponge & Custard Fresh Fruit or Natural Yoghurt & Honey
<b>TEA</b>	Hearty Sausage Casserole & Rice Bowl Homemade Cake, Fruit or Yoghurt	Winter Vegetable Soup with Wholemeal Roll Blueberry IceCream Roll, Fruit or Yoghurt	Cheese & Bacon Puffs, Coleslaw & Mixed Salad Bananas & Custard, Fruit or Yoghurt	Crispy Chicken Burger & BBQ Baked Beans Strawberry Sundae, Fruit or Yoghurt	Fish Fingers, Cheesy Mash, Peas & Sweetcorn Oaty Cookie or Yoghurt
<b>WEEK 2</b>	<b>Chicken &amp; Mushroom Stroganoff with Red Pepper Rice &amp; Broccoli</b>	<b>Herby Crusted Salmon with Crunchy Wedges and Ratatouille</b>	<b>Savoury Quorn Sausage Pasta with Warm Ciabatta &amp; Mixed Veg</b>	<b>Warm Quiche Lorraine, Buttered Jackets , Baked Beans &amp; Coleslaw</b>	<b>Roast Pork with Apple Sauce, Stuffing, York Pud, Roast Potatoes, Cauliflower &amp; Carrots</b>
<b>LUNCH</b>	Warm Brownie & Custard Fresh Fruit or Natural Yoghurt & Honey	Peach Melba Fresh Fruit or Natural Yoghurt & Honey	Apple Strudel & Custard Fresh Fruit or Natural Yoghurt & Honey	LemonTart Fresh Fruit or Natural Yoghurt & Honey	White Chocolate Crispies Fresh Fruit or Natural Yoghurt & Honey
<b>TEA</b>	Tuna & Sweetcorn Pasta with Mixed Vegetables Bananas Split Fruit or Yoghurt	Dolphins Does 'Dominoes' Pizza Party Sponge & Custard, Fruit or Yoghurt	Steak Pie with Roasted Roots and Gravy Flapjack, Fruit or Yoghurt	Sweet & Sour Pork with Boiled Rice Chocolate Swiss Roll, Fruit or Yoghurt	Assorted Sandwich Buffet & Mixed Salad Mandarins & IceCream, Fruit or Yoghurt
<b>WEEK 3</b>	<b>Quorn Country Mince with Sliced Jackets, Carrots &amp; Swede and Green Beans</b>	<b>Cheese, Bacon &amp; Leek Pasta with Broccoli &amp; Mixed Vegetables</b>	<b>Traditional Lamb Hot Pot with Honey Roasted Parsnips &amp; Red Cabbage</b>	<b>Chicken &amp; Pineapple Curry with Brown Rice, Poppadoms &amp; Tomato Salad</b>	<b>Creamy Fish Pie with Buttered Sweetcorn &amp; Broad Beans</b>
<b>LUNCH</b>	Raspeberry Cheesecake Fresh Fruit or Natural Yoghurt & Honey	Jam Roly Poly & Custard Fresh Fruit or Natural Yoghurt & Honey	Orange Fruit Ice Fresh Fruit or Natural Yoghurt & Honey	Baked Honey Apples & Creme' F. Fresh Fruit or Natural Yoghurt & Honey	Lemon Puffs Fresh Fruit or Natural Yoghurt & Honey
<b>TEA</b>	Ham & Mushroom Frittata & Creamy Tomato Pasta Creamy Rice Pudding, Fruit or Yoghurt	Savoury Toasted Muffins & Bagels with Potato Salad Mixed Melon Cocktail, Fruit or Yoghurt	Savoury Spanish Chicken & Cous Chocolate Chip Cookie, Fruit or Yoghurt	Fishcake, Potato Waffle & Sweetcorn Banoffee Pie, Fruit or Yoghurt	Beef Curry with Boiled Rice Homemade Cake, 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

# Food Allergen Information

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

## Hot Meals - Winter Menu 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> LUNCH	Brd Haddock – Fish, Milk, Wheat, Mustard Croquettes – Wheat, Egg Lemon Meringue Pie – Milk, Wheat, Egg, <b>May contain NUTS</b> .	Sour Cream – Milk Crumble – Milk, Wheat Custard - Milk	YorkPud – Wheat, Egg, Milk Gravy – Wheat, Soya Choc Cheesecake – Wheat, Soya, Milk, <b>May contain NUTS</b>	Dumplings – Wheat Gravy – Wheat, Soya Trifle – Wheat, Milk, Eggs, <b>May contain NUTS</b>	Pasta – Wheat Cheese - Milk Garlic Bread – Milk, Soya, Wheat Syrup Sponge – Wheat, Milk, Egg Custard - Milk
TEA	Sausages – Wheat, Sulphites, Celery, Egg, Milk, Mustard, Soya Cake – Wheat, Milk, Eggs	Roll – Wheat, Soya, Milk Ice-Cream Roll – Wheat, Milk, Egg, Soya	Cheese & Bacon Puffs – Wheat, Milk Coleslaw - Eggs, Milk, Mustard, <b>May contain NUTS</b> Custard – Milk	Crispy Chicken – Wheat, Burger Roll – Wheat, Soya Ice Cream – Milk, <b>May contain NUTS</b>	Fishfingers –Wheat, Fish Cheesy Mash – Milk Oaty Cookie – Oats, Wheat, Milk
<b>WEEK 2</b> LUNCH	Creamy Stroganoff – Barley, Wheat, Milk, Mustard Brownie – Milk, Eggs, Wheat, Soya, <b>May contain NUTS</b> Custard – Milk	Herb Salmon – Wheat, Fish Ice Cream – Milk, <b>May contain NUTS</b> Cream - Milk Wafer – Soya, Wheat	Quorn Sausage – Barley, Eggs, Wheat Pasta– Wheat Ciabatta – Wheat, Milk Apple Strudel – Wheat, <b>May contain NUTS</b> Custard - Milk	Quiche – Wheat, Milk, Egg, Soya, Celery, Mustard Butter – Milk Coleslaw – Milk, Egg, Mustard, <b>May contain NUTS</b> Lemon Tart – Wheat, Milk, <b>May contain NUTS</b>	Stuffing - Wheat Gravy – Wheat, Soya York Pud – Wheat, Eggs, Milk White Choc Crispies – Milk, Soya, Barley, <b>May contain NUTS</b>
TEA	Tuna Pasta – Fish, Wheat, Milk, Mustard Ice Cream – Milk, <b>May contain NUTS</b> Cream – Milk Wafer – Wheat, Soya	Pizza – Wheat, Milk Chocolate Sponge –Wheat, Milk, Egg, Soya Custard - Milk	Steak Pie – Wheat, Barley Gravy – Wheat, Soya Flapjack –Milk, Oats, <b>May Contain NUTS</b>	Sweet & Sour – Barley Swiss Roll – Wheat, Milk, Egg, Soya, <b>May contain NUTS</b>	Sandwiches – Wheat, Milk , Soya Ice Cream - Milk, <b>May contain NUTS</b>
<b>WEEK 3</b> LUNCH	Quorn – Eggs, Milk, Wheat, Soya Gravy – Wheat, Soya Cheesecake – Milk, Wheat, Eggs, <b>May Contain NUTS</b>	Pasta – Wheat, Milk Roly Poly – Milk, Wheat Custard – Milk	Hot Pot – Wheat Orange Ice – Milk, <b>May contain NUTS</b>	Curry – Milk, <b>May contain NUTS</b> Poppadoms – <b>May contain NUTS</b> Creme Fraiche - Milk	Fish Pie – Fish, Milk, Sulphite, Butter – Milk Lemon Puffs – Wheat, Egg
TEA	Frittata – Eggs, Milk Creamy Tom Pasta – Milk, Wheat, Celery Rice Pudding - Milk	Muffins/Bagels – Wheat, Milk, Soya, Egg, Sesame Fillings – Milk, Egg Potato Salad – Milk, Egg, Mustard, <b>May contain NUTS</b>	Cookie – Wheat, Milk, Soya	Fishcake – Fish, Wheat Banoffee – Milk, Wheat, Soya, <b>May contain NUTS</b>	Curry – Milk, <b>May contain NUTS</b> Cake – Milk, Wheat, Egg

## Yoghurts - Milk