

# Dolphins Autumn Menu 2018

October, November & December

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<b>Indian Vegetable Korma with Yellow Rice, Naan Bread, Mint &amp; Cucumber Raita</b>	<b>Roast Beef &amp; York Pudd, Roast Potatoes, Carrots &amp; Swede, Cabbage &amp; Leeks and Gravy</b>	<b>Creamy Turkey &amp; Mushroom Bake with Herby Roasted Vegetables &amp; Sliced Jackets</b>	<b>Pasta Bolognese Bake with Toasted Ciabatta &amp; Mixed Green Salad</b>	<b>Baked Haddock in Parsley Sauce , Potato Croquettes and Mixed Vegetables</b>
<b>LUNCH</b>	Apple Pie & Custard Fresh Fruit or Natural Yoghurt & Honey	Homemade Oaty Cookie Fresh Fruit or Natural Yoghurt & Honey	Hot Chocolate Fudge Cake & Creme Fraiche Fresh Fruit or Natural Yoghurt & Honey	Raspberry Cheesecake Fresh Fruit or Natural Yoghurt & Honey	Warm Winter Fruits & Semolina Fresh Fruit or Natural Yoghurt & Honey
<b>TEA</b>	Cheese & Bacon Puffs, Coleslaw & Mixed Salad Ice-Cream Roll	Fish Fingers, Cheesy Mash, Peas & Sweetcorn Trifle	'Howdy' Burgers & 'Cowboy' Beans Fresh Raspberry Delight	Vegetable Soup with Wholemeal Roll White Chocolate Cookie	Savoury Sausage Casserole & Rice Bowl Home-Made Cake
<b>WEEK 2</b>	<b>Baked Salmon with Roasted Mediterranean, Vegetables &amp; Potato Pops</b>	<b>Cauliflower &amp; Kale Mac &amp; Cheese with Mixed Bean Salad &amp; Wholemeal Wedge</b>	<b>Lamb Tagine with Fruity Cous Cous, Warm Pitta &amp; Sour Cream</b>	<b>Roast Chicken &amp; Stuffing, York Pudd, Roast Potatoes, Button Sprouts, Carrots &amp; Swede and Gravy</b>	<b>Quorn Cottage Pie with Broccoli &amp; Broad Beans and Onion Gravy</b>
<b>LUNCH</b>	Banana & Toffee Sundae Fresh Fruit or Natural Yoghurt & Honey	Gooseberry Crumble & Custard Fresh Fruit or Natural Yoghurt & Honey	Homemade Fruity Frozen Yoghurt Fresh Fruit or Natural Yoghurt & Honey	Warm Mince Pie & Cream Fresh Fruit or Natural Yoghurt & Honey	Chocolate Cheesecake Fresh Fruit or Natural Yoghurt & Honey
<b>TEA</b>	Mild Chilli & Nachos with Boiled Rice Flapjack	Assorted Sandwich Buffet Lemon Mousse	Jacket Potato with Cheese & Baked Beans Chocolate Swiss Roll	Tuna & Sweetcorn Pasta with Mixed Vegetables Peach Melba	Dolphins Does 'Dominoes' Pizza Party Bananas & Custard
<b>WEEK 3</b>	<b>Chicken &amp; Leek Pie with Potato Wedges, Roasted Red Cabbage &amp; Carrots</b>	<b>Breaded Cod with Root Veg Mash, Marrowfat Peas &amp; Sweetcorn</b>	<b>Traditional Homemade Lasagne with Garlic Bread &amp; Green Salad</b>	<b>Sticky Sausages with Potato Croquettes, Ratatouille &amp; Broccoli Florets</b>	<b>Sweet &amp; Sour Pork with Mixed Pepper Brown Rice &amp; Steamed Green Veg</b>
<b>LUNCH</b>	Egg Custard Tart Fresh Fruit or Natural Yoghurt & Honey	Sticky Toff Pudding & Ice-Cream Fresh Fruit or Natural Yoghurt & Honey	Marmalade B&B Pudd & Custard Fresh Fruit or Natural Yoghurt & Honey	Red Berry Crunch Fresh Fruit or Natural Yoghurt & Honey	Spiced Fruit Cake Fresh Fruit or Natural Yoghurt & Honey
<b>TEA</b>	Savoury Toasted Muffins & Bagels with Potato Salad Jam Sponge & Custard	Savoury Spanish Chicken & Cous Cous Cinnamon Rice Pudding	Fish Cake, Potato Waffle & Buttered Sweetcorn Strawberry Cheesecake	Chicken & Pineapple Korma with Boiled Rice Home-Made Cake	Potato & Mixed Pepper Frittata & Creamy Tomato Pasta Chocolate Sundae

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

Food allergen information on the other side

## Food Allergen Information

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

Not all of the allergens are ‘in’ the foods – but say MAY contain

(which means they cannot guarantee that allergens have not been used in the same production area previously)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>WEEK</u></b> <b>1</b> LUNCH	Wheat, Milk, Eggs, Nuts	Wheat, Milk, Egg, Oats, Nuts	Barley, Wheat, Milk, Nuts	Wheat, Milk, Egg, Nuts	Fish, Wheat, Milk
TEA	Wheat, Milk, Eggs, Soya	Fish, Wheat, Milk, Egg	Wheat, Milk, Soya, Barley, Soyabean	Celery, Milk, Wheat, Soya	Wheat, Sulphite, Celery, Soya, Mustard, Milk
<b><u>WEEK</u></b> <b>2</b> LUNCH	Fish, Milk	Milk, Wheat, Mustard, Soya	Wheat, Milk, Metabisulphate	Wheat, Eggs, Milk, Soya,	Milk, Egg, Sulphite, Wheat, Soya
TEA	Oats	Wheat, Soya, Milk	Milk, Wheat, Eggs, Nuts, Soya	Fish, Celery, Mustard, Wheat, Soya	Wheat, Milk
<b><u>WEEK</u></b> <b>3</b> LUNCH	Milk, Wheat, Egg, Metabisulphate,	Fish, Wheat, Mustard, Milk, Sulphur Dioxide, Eggs	Milk, Wheat, Soya	Wheat, Sulphite, Celery, Soya, Mustard, Milk	Barley, Wheat, Egg, Milk, Nuts, Soya, Sulphites
TEA	Wheat, Milk, Soya	Wheat, Milk	Fish, Milk, Nuts, Wheat, Egg	Milk, Wheat	Milk, Wheat, Soya, Egg

**Yoghurts - Milk**