













		
	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame Seed	Sulphur Dioxides and/or Sulphites	Lupin	Molluscs
Week 1														
Breakfast														
Weetabix with Whole Milk	■						■							
Hot Oat Cereal/Porridge with Whole Milk & Sultanas												■		
Rice Crispies with Whole Milk	■													
Cornflakes with Whole Milk	■													
Malt Wheats with Whole Milk	■													
Snacks														
Wholemeal Pitta Bread with Mackerel Pate & Glass of Milk	■			■			■							
Cream Cheese with Mini Breadsticks											■			
Banana Slices and Buttered (Wholemeal) Toast	■													
Fromage Frais & Mixed Fruits							■							
Toasted & Buttered Crumpet with Glass of Milk	■													
Tropical Fruit Smoothie														
Ricecakes, Satsuma & Glass of Milk														
Oatcakes with Beetroot/ Cumin Houmous & Glass of Milk												■		
Buttered Cream Crackers & Cup of Whole Milk	■													
Yoghurt Dip with Pitta Bread	■						■							
Lunch (Main)														
Sweet Potato & Red Pepper Fusilli with Parmesan and Peas	■						■							
Lentil Dahl Makhani with Brown Rice	■						■							
Thai Green Chicken Curry with Rice												■		
Chicken Spinach and Mushroom Risotto														
Trawler's Fish and Leek Pie with Carrots	■			■			■							
Lunch (Pudding)														
Rhubarb Fool							■							
Mango Yogurt Swirl														
Creamy Rice Pudding with Plums							■							
Apple and Cheese Kebab														
Panna Cotta with Berry Sauce							■							
Tea														
Turkey Sandwiches with Homemade Pesto Mayonnaise & Slices of Banana	■		■							■				
Butternut Squash & Lentil Soup with Buttered Wholemeal Toast & Melon	■						■							
Salmon Cream Cheese & Sweetcorn Wholemeal Sandwiches & Seasonal Fruit Medley	■			■			■							
Aubergine Caponata with Wholemeal Pitta & Satsuma Segments	■													
Winter Bean Soup & Pineapple Chunks														
Green = may contain this allergen														
This report has been produced using allergen information taken from individual product packaging & the Tesco website and is correct at the time of printing.														

HSG39 Winter Menu - Week 2
Allergen Information

 Week 2														
	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seed	Sulphur Dioxides and/or Sulphites	Lupin	Molluscs
Breakfast														
Rice Crispies with Whole Milk	█						█							
Weetabix with Whole Milk	█						█							
Hot Oat Cereal/Porridge with Whole Milk & Sultanas	█						█					█		
Cornflakes with Whole Milk	█						█							
Wheat Biscuits with Whole Milk	█						█							
Snacks														
Crispbread & Orange & Glass of Milk	█						█				█			
Wholemeal Toast with Sliced Apple and Milk	█						█							
Wholemeal Pitta with Olive Tapenade	█						█							
Toasted Crumpet & Cup of Whole Milk	█						█							
Buttered Bagel with Kiwi Fruit & Glass of Milk	█					█	█							
Banana & Blueberry Smoothie														
Fromage Frais & Tropical Fruit														
Cream Crackers with Glass of Milk	█						█							
Tuna Dip & Mini Bread Sticks & Glass of Milk	█			█			█				█			
Greek Yoghurt & Fruits of the Forest							█							
Lunch (Main)														
Turkey in Provençal Sauce with Orzo and Peas	█													
Seasonal Vegetable and Chickpea Tagine with Rice														
Cauliflower Chickpea and Coconut Curry with Brown Rice														
Ricotta & Spinach Farfalle with Peas	█						█							
Fishcake with Carrot and Sweet Potato Mash				█			█							
Lunch (Pudding)														
Peaches and Creme Fraiche							█							
Spiced Vanilla Pudding							█					█		
Hot English Custard with Forest Fruit							█							
Creamy Rice Pudding with Mango Coulis							█							
Pear and Raisin Compote												█		
Tea														
Oatcakes with Sun-dried Tomato & White Bean Dip & Glass of Milk & Pear	█						█					█		
Boston Baked Beans on Wholemeal Toast & a Glass of Milk & Banana	█						█							
Carrot, Lentil and Coriander Soup with Toast & Plums & Crème Fraiche	█						█							
Baked Beans & Jacket Potato & Satsuma segments														
Coronation Chickpea on Wholemeal Sandwiches with Apple	█		█				█			█		█		
Green = may contain this allergen														
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