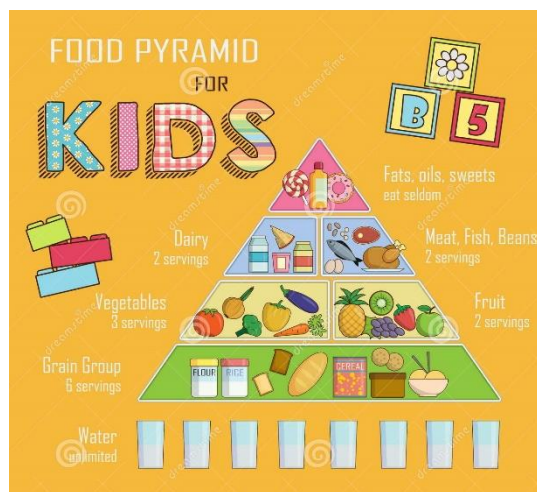




Dunaree Childcare and Pre-School Menu

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	7.30 - 9.00 Selection of cereals (Wheatabix, Cornflakes, Rice Krispies, Cheerios) and toast. Orange juice. (Contains 1,6,7)				
Snack Served with choice of milk or water	Beans and Toast with cheese (Contains 1,7)	Bananas on toast served with a selection of fresh fruit (Contains 1)	Fish Fingers with Beans and Brown Bread (Contains 1,7)	Mini Waffles and spaghetti hoops (Contains 1,6,7)	Ham and cheese toastie (Contains 1,7)
Dinner Served with choice of milk or water	Chicken Balls, Mild Curry sauce with Brown Rice served with peas and carrots (Contains 1,3,7)	Penne Pasta in Carbonara sauce with Bacon (Contains 1,7,10)	Chicken Fillet with sweet corn, broccoli, mashed potatoes and gravy (Contains 1,7)	Beef Stew, Oxtail + Tomato soup, Carrots +Peas and Mashed Potatoes. (Contains 1,6,7,9)	Salmon Penne Pasta in a creamy tomato sauce served with broccoli (Contains 1, 4, 7)
Desert	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of icecream on a cone cup (Contains 1, 7)
Evening Snack	Cream crackers with cheese (Contains 1,7)				



CONTAINS: 1= Wheat 2= Crustaceans 3= Eggs 4= Fish 5= Peanuts 6= Soybeans 7= Milk 8= Nuts 9= Celery 10= Mustard 11= Sesame 12= Sulphur dioxide/sulphites 13= Lupin 14= Molluscs

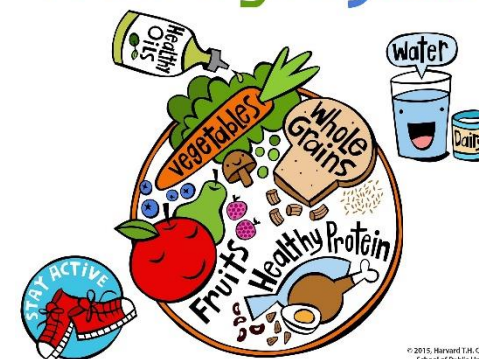
Dunaree Childcare and Pre-School Menu

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	7.30 - 9.00 Selection of cereals (Wheatabix, Cornflakes, Rice Krispies, Cheerios) and toast. Orange juice. (Contains 1,6,7)				
Snack Served with choice of milk or water	Wrap with chicken strips, cheese and mayonnaise or Maryrose sauce (Contains 3, 10)	Sausages with beans and Toast (Contain 1, 7, 9, 10, 12)	Pancakes with Spaghetti Hoops (Contains 1,3,7)	Wholemeal Pita Bread with hot chicken, cheese and mayonnaise (Contains 1, 3, 10)	Ham slices, brown bread with cheese (Contains 1,6,7,9)
Dinner Served with choice of milk or water	Fish Fingers with sweet corn, gravy and mashed potatoes (Contains 1, 4, 7)	Spaghetti Bolognaise with Garlic bread (Contains 1,7)	Butter Chicken Curry served with peas, carrots, basmati Rice and Naan Bread (Contains 1, 7)	Ham Fillet, turnip, peas and mashed potatoes (Contains 1, 7)	Chicken Tenders with pasta in a roast vegetable sauce served with broccoli (Contains 1, 7)
Desert	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of ice-cream on a cone cup (Contains 1, 7)
Evening Snack	Cream crackers with cheese (Contains 1,7)				

CONTAINS: 1= Wheat 2= Crustaceans 3= Eggs 4 = Fish 5 = Peanuts 6 = Soybeans 7 = Milk 8 = Nuts 9 = Celery 10 = Mustard 11 = Sesame 12 = Sulphur dioxide/sulphites 13 = Lupin 14 = Molluscs

Kid's Healthy Eating Plate



Dunaree Childcare and Pre-School Menu

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	7.30 - 9.00 Selection of cereals (Wheatabix, Cornflakes, Rice Krispies, Cheerios) and toast. Orange juice. (Contains 1,6,7)				
Snack	Banana on toast served with a selection of fresh fruit				
Served with choice of milk or water	Beans on toast with cheese (Contains 1,7)	Mini Waffles and spaghetti hoops (Contains 1,6,7)	Chicken strips, Beans and Toast (Contains 1,6,7)	Ham and cheese toastie (Contains 1,7)	
Dinner	Served with choice of milk or water				
	Chicken Balls, Sweet and Sour Sauce with carrots and Brown Rice (Contains 1, 7)	Butter Chicken Curry served with peas, carrots, basmati Rice and Naan Bread (contains 1, 7)	Ham Fillet, turnip, peas and mashed potatoes (Contains 1, 7)	Spaghetti Bolognaise with Garlic bread (Contains 1,7)	Fish Fingers with sweet corn, gravy and mashed potatoes (Contains 1,4,6,7)
Desert	Selection of ice-cream on a cone cup (Contains 1, 7)				
	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	
Evening Snack	Cream crackers with cheese (Contains 1,7)				

CONTAINS: 1= Wheat 2= Crustaceans 3= Eggs 4 = Fish 5 = Peanuts 6 = Soybeans 7 = Milk 8 = Nuts 9 = Celery 10 = Mustard 11 = Sesame 12 = Sulphur dioxide/sulphites 13 = Lupin 14 = Molluscs



Dunaree Childcare and Pre-School Menu

Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	7.30 - 9.00 Selection of cereals (Wheatabix, Cornflakes, Rice Krispies, Cheerios) and toast. Orange juice. (Contains 1,6,7)				
Snack Served with choice of milk or water	Mini Waffles and spaghetti hoops (Contains 1,6,7)	Pancake's with Spaghetti Hoops (Contains 1,3,7)	Fish Fingers with Beans and Brown Bread (Contains 1,4,6,7)	Wholemeal Pita Bread with hot chicken, cheese and mayo (Contains 1, 7)	Sausages with beans and Toast (Contain 1, 7, 9, 10, 12)
Dinner Served with choice of milk or water	Salmon Penne Pasta in a creamy tomato sauce served with sweetcorn and garlic Bread (Contains 1,4, 7)	Savoury Mince Beef served with carrots, peas and Mashed potatoes (Contains 1, 7, 9)	Fusilli Pasta in Carbonara sauce with Bacon (Contains 1,7,10)	Chicken Stew, Carrots and Mashed Potatoes (Contains 1,6,7,9)	Chicken Fillets with fusilli pasta in a roast vegetable sauce served with broccoli (Contains 1, 7)
Desert	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of ice-cream on a cone cup (Contains 1, 7)
Evening Snack	Cream crackers with cheese (Contains 1,7)				

CONTAINS: 1= Wheat 2= Crustaceans 3= Eggs 4 = Fish 5 = Peanuts 6 = Soybeans 7 = Milk 8 = Nuts 9 = Celery 10 = Mustard 11 = Sesame 12 = Sulphur dioxide/sulphites 13 = Lupin 14 = Molluscs

