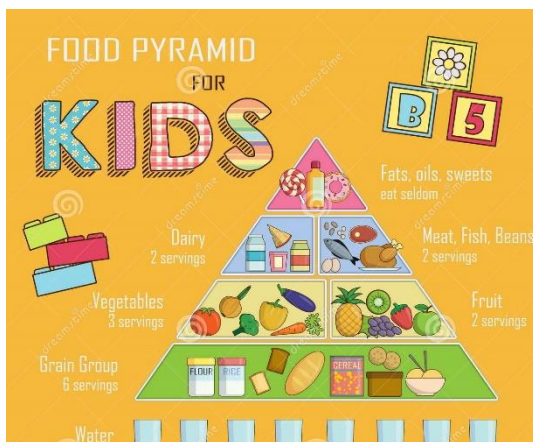


## Dunaree Childcare and Pre-School Tyrrellspass Menu 2024

### Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	7.30 - 9.00 Selection of cereals ( Wheatabix, Cornflakes, Rice Krispies, Cheerios, Porridge) and toast. Orange juice. (Contains 1,6,7 )				
<b>Dinner</b> (12p.m.) Served with choice of milk or water	Fish Fingers with sweet corn, gravy and mashed potatoes (Contains 1,4,7)	Fusilli 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 served with mash potato and broccali (Contains 1, 4, 7)
<b>Hot Snack</b> (3p.m) 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)
<b>Desert</b>	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of icecream on a cone cup (Contains 1, 7)
<b>Evening Snack</b>	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



We eat our healthy snack that we take with us to creche at 10:30a.m.

## Dunaree Childcare and Pre-School Tyrrellspass Menu 2024

### Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	7.30 - 9.00 Selection of cereals ( Wheatabix, Cornflakes, Rice Krispies, Cheerios, Porridge) and toast. Orange juice. (Contains 1,6,7 )				
<b>Dinner</b> (12p.m.) 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)	Chicken fillet served with Mash potatoe, broccoli and gravy (Contains 1, 7)	Ham Fillet, turnip, peas and mashed potatoes (Contains 1, 7)	Chicken Stew served with mash potatoe and carrots (Contains 1, 6, 7, 9)
<b>Hot Snack</b> (3p.m.) 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)
<b>Desert</b>	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of ice-cream on a cone cup (Contains 1, 7)
<b>Evening Snack</b>	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 Tyrrellspass Menu 2024

### Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	7.30 - 9.00 Selection of cereals ( Wheatabix, Cornflakes, Rice Krispies, Cheerios, Porridge) and toast. Orange juice. (Contains 1,6,7 )				
<b>Dinner</b> (12p.m.) Served with choice of milk or water	Salmon served with mash potato and mixed veg (Contains 1, 7)	Chicken fillet served with Mash potato, broccoli and gravy (contains 1,6, 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 1,4,7)
<b>Snack (3p.m.)</b> Served with choice of milk or water	Beans on toast with cheese (Contains 1,7)	Mini Waffles and spaghetti hoops (Contains 1,6,7)	Banana on toast served with a selection of fresh fruit (contains 1)	Chicken strips, Beans and Toast (Contains 1,6,7)	Ham and cheese toastie (Contains 1,7)
<b>Desert</b>	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of ice-cream on a cone cup (Contains 1, 7)
<b>Evening Snack</b>	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 Tyrrellspass Menu 2024

### Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	7.30 - 9.00 Selection of cereals ( Wheatabix, Cornflakes, Rice Krispies, Cheerios, Porridge) and toast. Orange juice. (Contains 1,6,7 )				
<b>Dinner</b> (12p.m.) Served with choice of milk or water	Salmon served with mash potato and mixed veg (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)	Fish Fingers with sweet corn, gravy and mashed potatoes (Contains 1,4,6,7)
<b>Snack</b> (3p.m.) 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)
<b>Desert</b>	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of ice-cream on a cone cup (Contains 1, 7)
<b>Evening Snack</b>	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

