

Links Childcare – Winter/Spring Menu - WEEK 1

Breakfast: selection of cereals **Snack:** selection of fresh fruit

ALLERGEN INFORMATION:

Bold&Italics = Allergen used in ingredients Underlined = Contains Dairy * = Contains gluten and wheat

	DINNER	VEGETARIAN OPTION	TEA
MONDAY	<p>*Pasta Bolognese</p> <p>Contains: *Gluten and Wheat and <i>celery</i>. Mince rib beef, carrots, onions, peppers, garlic, mushrooms, tinned tomato, fresh herbs, <i>celery</i>.</p>	<p>*Vegetarian Pasta</p> <p>Contains: *Gluten and Wheat and <i>celery</i>. Kidney beans, carrots, onions, peppers, garlic mushrooms, tinned tomato, fresh herbs.</p>	<p>Fresh Fruit or Plain Scones</p> <p>Contains: *Gluten and Wheat and <u>Dairy</u> *Flour, <u>butter</u>, <u>milk</u>, <i>eggs</i> & mixed fruit</p>
TUESDAY	<p>Beef Stew & Potatoes</p> <p>Contains: <i>celery</i>. Beef, carrot, turnips, onion, parsnip, potato, fresh herbs, <i>celery</i>.</p>	<p>Vegetarian Stew & Potatoes</p> <p>Contains: <i>celery</i>. Chick peas, carrot, turnips, onion, parsnip, potato, fresh herbs</p>	<p>Minestrone Soup & *Brown Bread</p> <p>Contains: *Gluten and Wheat and <i>celery</i>. Carrot, onion, tinned tomatoes, garlic, <i>celery</i>.</p>
WEDNESDAY	<p>Two Bean Chilli</p> <p>Contains: <i>celery</i>. Cannellini beans, kidney beans, peppers, onions, carrots, mushrooms, lime juice, tinned tomatoes, fresh chillies, herbs, garlic, fresh ginger, chick peas, <i>celery</i>.</p>		<p>*Banana Bread</p> <p>Contains: *Gluten and Wheat and Eggs. Eggs, sugar, banana, *flour</p>
THURSDAY	<p>Turkey Casserole with Potato</p> <p>Contains: <i>celery</i>. Turkey, carrots, onions, turnip, parsnip, tomato, potato</p>	<p>Butter bean Casserole</p> <p>Contains: <i>celery</i>. Butter beans, carrots, onions, turnip, parsnip, tomato, potato</p>	<p>Chefs choice soup with *Brown Bread</p> <p>Contains: *Gluten and Wheat</p>
FRIDAY	<p>Chicken and Chorizo Jambalaya</p> <p>Contains: <i>celery</i>. Chicken, onion, peppers, garlic, chorizo, tinned tomatoes, courgette, stock</p>	<p>Vegetarian Jambalaya</p> <p>Contains: <i>celery</i>. Paprika, carrots, butterbeans, onion, peppers, garlic, tinned tomatoes, courgette, stock</p>	<p>*Wholemeal Base Pizza</p> <p>Contains: *Gluten and Wheat and <i>celery</i>. *Flour, yeast, salt, olive oil, water, peppers, onion, garlic, carrot, tomato puree, vegetable stock, cheese & ham, <i>celery</i>.</p>

Vegetables supplied by Keelings, Meat supplied by J.W. Smyths of Portmarnock and Kelly Bros of Clondalkin and is of Irish origin