

Links Childcare – Winter/Spring Menu - WEEK 2

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>Chicken Curry and Rice</p> <p>Contains: <u>Dairy</u>, <i>Mustard Seed</i>, <i>celery</i>.</p> <p>Chicken, peppers, courgette, mushroom, onions, carrots, fresh ginger, garlic, coconut <u>milk</u>, chilli, spices, fresh herbs, <i>Mustard Seed and Celery</i></p>	<p>Vegetarian Curry and Rice</p> <p>Contains: <u>Dairy</u>, <i>Mustard Seed</i>, <i>celery</i>.</p> <p>Chickpeas, peppers, courgette, mushroom, onions, carrots, fresh ginger, garlic, coconut milk, chilli, spices, fresh herbs, <i>Mustard Seed and Celery</i></p>	<p>*Vegetable Soup and Brown Bread</p> <p>Contains: <i>celery</i>.</p> <p>Onion, carrot, turnip, parsnip, <i>celery</i>.</p>
TUESDAY	<p>Cottage Pie</p> <p>Contains: <i>celery</i>.</p> <p>Minced beef, carrots, turnip, onion, fresh herbs, potatoes, <i>celery</i>.</p>	<p>Vegetarian Cottage Pie</p> <p>Contains: <i>celery</i>.</p> <p>Carrots, turnip, onion, fresh herbs, potatoes, <i>celery</i>.</p>	<p>*Focaccia Bread</p> <p>Contains: *Gluten and Wheat Rosemary, tomato, garlic</p>
WEDNESDAY	<p>*Leek and Butterbean Pasta</p> <p>Contains: <i>celery</i> and <u>Dairy</u></p> <p>Leeks, butterbeans, mushrooms, courgette, garlic, <u>crème fraiche</u>, fresh herbs</p>		<p>Baked Potato Wedges with Baked Beans</p>
THURSDAY	<p>Beef Casserole</p> <p>Contains: <i>celery</i>.</p> <p>Beef, carrot, parsnip, celeriac, onion, turnip, fresh herbs, <i>celery</i>.</p>	<p>Casserole</p> <p>Contains: <i>celery</i>.</p> <p>Kidney beans, onion, carrot, turnip, parsnip, sweet potato, garlic, fresh herbs and potatoes, <i>celery</i>.</p>	<p>*Carrot Bread & Cheese</p> <p>Contains: *Gluten and Wheat and <u>Dairy</u></p>
FRIDAY	<p>*Chicken Alfredo</p> <p>Contains: <u>Dairy</u>, <i>celery</i>.</p> <p>Chicken, peppers, onions, mushroom, courgette, garlic, <u>creme fraiche</u>, <u>parmesan cheese</u>, fresh herbs</p>	<p>*Vegetarian Alfredo</p> <p>Contains: <u>Dairy</u>, <i>celery</i>.</p> <p>Butter beans, peppers, onions, mushroom, courgette, garlic, <u>creme fraiche</u>, <u>parmesan cheese</u>, fresh herbs</p>	<p>*Wholemeal Base Pizza</p> <p>Contains: *Gluten and Wheat, <u>Dairy</u> and <i>celery</i>.</p> <p>*Flour, yeast, salt, olive oil, water, peppers, onion, garlic, carrot, tomato puree, vegetable stock, <u>cheese</u> & 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