

Links Childcare – Winter/Spring Menu - WEEK 3

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

ALLERGEN INFORMATION:

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

	DINNER	VEGETARIAN OPTION	TEA
MONDAY	<p>Chicken Milano and *Pasta</p> <p>Contains: <u>Dairy</u>, <i>celery</i>. Chicken, onion, carrots, pepper, garlic, fresh basil, tomato, <u>creme fraiche</u></p>	<p>Vegetarian Milano and *Pasta</p> <p>Contains: <u>Dairy</u>, <i>celery</i>. Butterbeans, onion, carrots, pepper, garlic, fresh basil, tomato, <u>creme fraiche</u></p>	<p>Tomato Soup & *Brown Bread</p> <p>Contains: <i>celery</i>. Onion, carrot, <i>celery</i>, tomato</p>
TUESDAY	<p>Chicken Hot Pot</p> <p>Contains: <i>celery</i>. Chicken, onion, carrot, <i>celery</i>, turnip, sweet potato, parsnip, tomato, garlic, fresh herbs</p>	<p>Vegetarian Hot Pot</p> <p>Contains: <i>celery</i>. Chick peas, onion, carrot, <i>celery</i>, turnip, sweet potato, parsnip, tomato, garlic, fresh herbs</p>	<p>Apple Loaf</p> <p>Contains: *Gluten and Wheat, <u>Dairy</u> and <i>Eggs</i>. *Flour, sugar, <i>eggs</i>, apple, dried fruit, <u>butter</u></p>
WEDNESDAY	<p>Beef Stroganoff and Rice</p> <p>Contains: <u>Dairy</u>, <i>celery</i>. Beef, onion, leek, garlic, mushroom, courgette, butter beans, <u>creme fraiche</u>, fresh herbs, ground nutmeg</p>	<p>Vegetarian Stroganoff and Rice</p> <p>Contains: <u>Dairy</u>, <i>celery</i>. Onion, leek, garlic, mushroom, courgette, butter beans, <u>creme fraiche</u>, fresh herbs, ground nutmeg</p>	<p>Leek & Potato Soup & *Brown Bread</p> <p>Contains*Gluten and Wheat and <i>celery</i>. Chilli, tomato, <i>celery</i>, garlic, carrots, red onion, herbs</p>
THURSDAY	<p>Spinach & Tomato *Pasta</p> <p>Contains: *Gluten and Wheat, <i>celery</i>. Baby spinach, tomato, onion, carrot, garlic, mushroom, chickpeas,</p>		<p>Two Seed *Brown Bread, <u>Cheese</u> and Ham</p> <p>Contains: *Gluten and Wheat, <u>Dairy</u></p>
FRIDAY	<p>Korean Beef with Rice</p> <p>Contains: <i>soy sauce, sesame seeds, sesame oil, celery</i>. Beef, leek, peppers, courgette, spring onion, <i>soy sauce, sesame seeds, sesame oil</i>, fresh ginger and chilli</p>	<p>Korean Vegetables with Rice</p> <p>Contains: <i>soy sauce, sesame seeds, sesame oil, celery</i>. Quorn, leek, peppers, courgette, spring onion, <i>soy sauce, sesame seeds, sesame oil</i>, fresh ginger and chilli</p>	<p>*Wholemeal Base Pizza</p> <p>Contains: *Gluten and Wheat, <u>Dairy</u> and <i>celery</i>. *Flour, yeast, salt, olive oil, water, peppers, onion, garlic, carrot, <i>celery</i>, tomato puree, vegetable stock, <u>cheese</u> & ham</p>

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