

# List of ingredients

## Lollipops Preschool, SPRING/SUMMER MENU W/C: 20.06.21

	MONDAY (v)	TUESDAY (v)	WEDNESDAY (v)	THURSDAY	FRIDAY
<b>Snacks:</b>	Scones & fruit DA, G	Crackers with cheese & vegetable sticks DA, G	Fruit loaf & banana DA, G	Oat biscuits with cheese & vegetable sticks DA, G	Crumpets or fruit loaf with butter DA
<b>Lunches</b>					
<b>Main meal</b>	Tuna pasta tuna, pasta, cucumber and sweetcorn & mayonnaise E, DA, G	Chicken chow mein with noodles dried egg or rice noodles, chicken breast, carrot, peas, garlic. Sauce: soy sauce, honey, ketchup, lemon juice. E, DA	Chicken salad wraps with rice Chopped chicken, seasoning, spinach, red pepper, mini wraps & rice. G, DA	Baked tomato and cheese pitta bread & vegetable sticks. Pitta bread, olive oil, garlic, onion, spinach, chopped tomatoes & tomato puree. G, DA	Fish finger sandwiches & sweet potato wedges fish fingers, olive oil, seasoning sweet potato & sweetcorn G, F
<b>On the side</b>	Cucumber & Garlic Bread G		Rice & pepper sticks	Vegetable sticks (carrot & cucumber)	Sweetcorn & sweet potato wedges
<b>Dessert</b>	Frozen yogurt & fruit DA	Banana bread with Angel Delight DA	Flapjacks with fruit & Greek yogurt G	Fresh fruit kebabs with jelly DA	Fruit salad and yogurt

Where these allergens are present, it is displayed next to the appropriate meal.

Allergen coding: GLUTEN -G, EGG - E, FISH - F, NUTS - N, PEANUTS - PN, SOYA - SY, DAIRY - DA, CELERY - CE, MUSTARD - MU, SESAME - SE, SULPHATES, SU, LUPIN- LU, SHELLFISH -