

# List of ingredients

## Lollipops Preschool, SPRING/SUMMER MENU W/C: 07.06.21

	MONDAY (v)	TUESDAY (v)	WEDNESDAY (v)	THURSDAY	FRIDAY
Snacks:	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>					
Main meal	Baked tomato and cheese pitta bread & vegetable sticks. Pitta bread, olive oil, garlic, onion, spinach, chopped tomatoes & tomato puree. G, DA	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	Tuna pasta tuna, pasta, cucumber and sweetcorn & mayonnaise E, DA	Fish finger sandwiches & sweet potato wedges fish fingers, olive oil, seasoning sweet potato & sweetcorn G, F
On the side	Vegetable sticks (carrot & cucumber)		Rice & pepper sticks	Cucumber & sweetcorn	Sweetcorn & sweet potato wedges
Dessert	Fruit salad and strawberry yogurt DA	Fresh fruit kebabs with jelly DA	Banana bread	Flapjacks with fruit DA	Frozen yogurt DA

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 -