

# List of ingredients

## Lollipops Preschool, WINTER MENU W/C: 17.01.22

	MONDAY (v)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunches</b>					
<b>Main meal</b>	<b>Cheese &amp; Tomato Pasta Bake</b> Pasta, chopped tomatoes, tomato puree, basil, red pepper. Cheddar cheese. <b>G,D</b>	<b>Chickpea Curry in a creamy sauce</b> tomato puree, curry paste; ground turmeric, garlic, ground ginger, ground paprika, ground cumin, ground Garam masala Chickpeas, spinach, Coconut Milk <b>SE, DA, CE, G</b>	<b>Sausages and roast potatoes served with beans &amp; broccoli</b> Sausages, potatoes Olive oil, seasoning, baked beans broccoli. <b>SU,SY,G</b>	<b>Chicken enchiladas</b> Olive oil, garlic, passata, smoked paprika, chilli powder, red pepper, chicken breasts cut into strips, wraps, grated cheddar <b>G,D</b>	<b>Fish fingers served with potato cakes</b> fish fingers, olive oil, seasoning potato & sweetcorn <b>G, F</b>
<b>On the side</b>	Garlic bread	Rice & Poppadoms	Baked beans & broccoli	Tortilla chips & rice	Sweetcorn & baked beans
<b>Dessert</b>	Peach Cobbler with custard <b>DA, E</b>	Fruit yogurt with fruit <b>DA</b>	Banana bread with custard <b>DA, G</b>	Blueberry muffins with custard <b>DA, E</b>	Fruit cocktail & yogurt <b>DA</b>

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 -