

EIFA International School

Hot Lunch Programme / Autumn Term 2018

Week commencing 3rd September

Monday

NO SCHOOL

Tuesday

NO SCHOOL

Wednesday

Beef stroganoff, steamed rice, green beans & roast butternut squash

ALLERGENS: MIL, SUL, MUS

Mushroom, lentil & butternut stroganoff, steamed rice, green beans & carrots (v)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo sachets

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Vegetarian nuggets, sweet potato chips sweetcorn & peas ketchup/mayo sachets (v)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



South Indian chicken curry with pilaf rice

ALLERGENS: MIL,

Vegetable coconut curry with pilaf rice (v)

ALLERGENS:

Mini naan bread

ALLERGENS: WHE

Mini mango cakes with cream cheese frosting

ALLERGENS: WHE, EGG, MIL

Week commencing 10th September

Monday

Creamy chicken macaroni cheese

ALLERGENS: WHE, MIL,

Spinach, cheese & leek pasta bake (v)

ALLERGENS: WHE, MIL,

Wholegrain/white baguette slice

ALLERGENS: WHE

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Steak haché, gravy, potato croquettes, green beans & carrots

ALLERGENS: WHE, EGG, MIL

Sweet potato burgers, potato croquettes, green beans & carrots / ketchup sachets (v)

ALLERGENS: MUS, WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Chicken cacciatore, roast new potatoes, courgette spaghetti

ALLERGENS: CEL

Italian bean casserole, roast new potatoes, courgette spaghetti (v)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Cheesy baked cod with tomato sauce, wholegrain rice, broccoli

ALLERGENS: FIS, CEL, MIL

Provençal courgette gratin, wholegrain rice & broccoli (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



Slow cooked Moroccan lamb tagine, barley couscous

ALLERGENS: CEL, WHE

Butternut & chickpea tagine, barley couscous (v)

ALLERGENS: CEL, WHE

Feta, cucumber & cherry tomato salad (v)

ALLERGENS: MIL

Mini pitta bread

ALLERGENS: WHE

Mini orange cakes with buttercream frosting

ALLERGENS: WHE, EGG, MIL

Week commencing 17th September

Monday

Beef meatballs, tomato & basil wholemeal penne, bowls of parmesan

ALLERGENS: WHE, EGG, CEL, MIL

Spinach & ricotta balls, tomato & basil wholemeal penne, bowls of parmesan (v)

ALLERGENS: WHE, EGG, CEL, MIL

Garden salad with shredded iceberg, cherry tomato, cucumber & carrot

Vinaigrette dressing served separately

ALLERGENS: MUS

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken fricassee, steamed rice, green beans & carrots

ALLERGENS: WHE, MIL, CEL

Mushroom & butternut fricassee, steamed rice, green beans & carrots (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Hachis parmentier with buttered greens & roast butternut

ALLERGENS: CEL, MIL

Lentil parmentier with buttered greens & roast butternut (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Breaded haddock, steamed new potatoes, broccoli, carrots, lemon ketchup/mayo sachets

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Butternut risotto cakes, steamed new potatoes, broccoli, carrots ketchup/mayo sachet (v)

ALLERGENS: WHE, EGG, MIL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



Slow cooked Mexican beef chilli & tomato rice

ALLERGENS: CEL

Mixed vegetable & bean chilli & tomato rice (v)

ALLERGENS: CEL

Pots of tortilla chips/bowls of grated cheddar (v)

ALLERGENS: WHE, MIL

Mini banana & chocolate cakes with vanilla frosting

ALLERGENS: WHE, MIL, EGG, SOY

Week commencing 24th September

Monday

Creamy tomato whole grain pasta with chicken, bowls of parmesan

ALLERGENS: WHE, MIL,

Creamy pesto whole grain pasta with broccoli & baby spinach, bowls of parmesan (v)

ALLERGENS: WHE, MIL,

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Beef chipolatas, steamed new potatoes, broccoli, carrots & gravy

ALLERGENS: MIL, WHE

Leek & cheddar croquettes, steamed new potatoes, broccoli, carrots ketchup sachets (v)

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Provençal chicken brochettes, pilaf rice, Mediterranean roast vegetables

ALLERGENS: MIL, CEL

Halloumi brochettes, pilaf rice, Mediterranean roast vegetables (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Honey & soy baked salmon, egg noodles, broccoli & sugar snaps

ALLERGENS: FIS, SOY, WHE, EGG

Honey ginger tofu & veggie stir fry, wholegrain basmati rice, broccoli & sugar snaps (v)

ALLERGENS: SOY

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



Chicken katsu curry with steamed rice, shredded carrot

ALLERGENS: WHE, MIL, EGG

Sweet potato & butternut katsu curry with steamed rice, shredded carrot (v)

ALLERGENS WHE, MIL, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini carrot cakes with cream cheese frosting

ALLERGENS: WHE, MIL, EGG, SOY

Week commencing 1st October

Monday

Penne bolognese, bowls of parmesan

ALLERGENS: WHE, MIL, CEL

Spinach & ricotta tortellini, light creamy basil sauce, bowls of parmesan (v)

ALLERGENS: WHE, MIL

Garden salad with shredded iceberg, cherry tomato, cucumber & carrot

Vinaigrette dressing served separately

ALLERGENS: MUS

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken meatballs, supreme sauce, steamed rice, courgette & carrot spaghetti

ALLERGENS: MIL, WHE

Vegetarian balls, creamy sauce, steamed rice, courgette & carrot spaghetti (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef bourguignon, potato gratin, green beans, roast butternut squash

ALLERGENS: CEL, SUL, MIL

Provençal stuffed peppers, potato gratin, green beans, roast butternut squash (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon fish cakes, steamed new potatoes, broccoli, carrots lemon, mayo/ketchup sachets

ALLERGENS: FIS, MIL, WHE, EGG

Butternut squash & feta croquettes, steamed new potatoes, broccoli, carrots lemon, mayo/ketchup sachets (v)

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



Sweet & sour chicken with egg fried rice

ALLERGENS: SOY, EGG, WHE, CEL, FIS

Sweet & sour tofu with egg fried rice (v)

ALLERGENS: SOY, EGG, WHE, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini pineapple cake with cream cheese frosting

ALLERGENS: WHE, EGG, MIL,

Week commencing 8th October

Monday

Beef lasagne

ALLERGENS: WHE, MIL, CEL, EGG

Butternut squash, spinach & ricotta lasagne (v)

ALLERGENS: WHE, MIL, CEL

Garlic bread

ALLERGENS: WHE, MIL

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken pie, steamed new potatoes, broccoli & carrots

ALLERGENS: MIL, WHE, EGG

Spinach & ricotta filo pie, steamed new potatoes, broccoli & carrots (v)

ALLERGENS: MIL, WHE

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef stroganoff, steamed rice, green beans & roast butternut squash

ALLERGENS: MIL, SUL, MUS

Mushroom, lentil & butternut stroganoff, steamed rice, green beans & carrots (v)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo sachets

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Vegetarian nuggets, sweet potato chips sweetcorn & peas ketchup/mayo sachets (v)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



South Indian chicken curry with pilaf rice

ALLERGENS: MIL,

Vegetable coconut curry with pilaf rice (v)

ALLERGENS:

Mini naan bread

ALLERGENS: WHE

Mini mango cakes with cream cheese frosting

ALLERGENS: WHE, EGG, MIL

Week commencing 15th October

Monday

Creamy chicken macaroni cheese

ALLERGENS: WHE, MIL,

Spinach, cheese & leek pasta bake (v)

ALLERGENS: WHE, MIL,

Wholegrain/white baguette slice

ALLERGENS: WHE

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Steak haché, gravy, potato croquettes, green beans & carrots

ALLERGENS: WHE, EGG, MIL

Sweet potato burgers, potato croquettes, green beans & carrots/ketchup sachets (v)

ALLERGENS: MUS, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Chicken cacciatore, roast new potatoes, courgette & carrot spaghetti

ALLERGENS: CEL

Italian bean casserole, roast new potatoes, courgette & carrot spaghetti (v)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Cheesy baked cod with tomato sauce, wholegrain rice, broccoli

ALLERGENS: FIS, CEL, MIL

Provençal courgette gratin, wholegrain rice & broccoli (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: WHE

Friday



Slow cooked Moroccan lamb tagine, barley couscous

ALLERGENS: CEL, WHE

Butternut & chickpea tagine, barley couscous (v)

ALLERGENS: CEL, WHE

Feta, cucumber & cherry tomato salad (v)

ALLERGENS: MIL

Mini pitta bread

ALLERGENS: WHE

Mini orange cakes with buttercream frosting

ALLERGENS: WHE, EGG, MIL

Week commencing 5th November

Monday

Penne bolognese, bowls of parmesan

ALLERGENS: WHE, MIL, CEL

Spinach & ricotta tortellini, light creamy basil sauce, bowls of parmesan (v)

ALLERGENS: WHE, MIL

Garden salad with shredded iceberg, cherry tomato, cucumber & carrot

Vinaigrette dressing served separately

ALLERGENS: MUS

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken meatballs, supreme sauce, steamed rice, courgette & carrot spaghetti

ALLERGENS: MIL, WHE

Vegetarian balls, creamy sauce, steamed rice, courgette & carrot spaghetti (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef bourguignon, potato gratin, green beans, roast butternut squash

ALLERGENS: CEL, SUL, MIL

Provençal stuffed peppers, potato gratin, green beans, roast butternut squash (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon fish cakes, steamed new potatoes, broccoli, carrots lemon, mayo/ketchup sachets

ALLERGENS: FIS, MIL, WHE, EGG

Butternut squash & feta croquettes, steamed new potatoes, broccoli, carrots lemon,
mayo/ketchup sachets (v)

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



Sweet & sour chicken with egg fried rice

ALLERGENS: SOY, EGG, WHE, CEL, FIS

Sweet & sour tofu with egg fried rice (v)

ALLERGENS: SOY, EGG, WHE, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini pineapple cake with cream cheese frosting

ALLERGENS: WHE, EGG, MIL,

Week commencing 12th November

Monday

Beef lasagne

ALLERGENS: WHE, MIL, CEL, EGG

Butternut squash, spinach & ricotta lasagne (v)

ALLERGENS: WHE, MIL, CEL

Garlic bread

ALLERGENS: WHE, MIL

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken pie, steamed new potatoes, broccoli & carrots

ALLERGENS: MIL, WHE, EGG

Spinach & ricotta filo pie, steamed new potatoes, broccoli & carrots (v)

ALLERGENS: MIL, WHE

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef stroganoff, steamed rice, green beans & roast butternut squash

ALLERGENS: MIL, SUL, MUS

Mushroom, lentil & butternut stroganoff, steamed rice, green beans & carrots (v)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo sachets

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Vegetarian nuggets, sweet potato chips sweetcorn & peas ketchup/mayo sachets (v)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



South Indian chicken curry with pilaf rice

ALLERGENS: MIL,

Vegetable coconut curry with pilaf rice (v)

ALLERGENS:

Mini naan bread

ALLERGENS: WHE

Mini mango cakes with cream cheese frosting

ALLERGENS: WHE, EGG, MIL

Week commencing 19th November

Monday

Creamy chicken macaroni cheese

ALLERGENS: WHE, MIL,

Spinach, cheese & leek pasta bake (v)

ALLERGENS: WHE, MIL,

Wholegrain/white baguette slice

ALLERGENS: WHE

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Steak haché, gravy, potato croquettes, green beans & carrots

ALLERGENS: WHE, EGG, MIL

Sweet potato burgers, potato croquettes, green beans & carrots / ketchup sachets (v)

ALLERGENS: MUS, WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Chicken cacciatore, roast new potatoes, courgette & carrot spaghetti

ALLERGENS: CEL

Italian bean casserole, roast new potatoes, courgette & carrot spaghetti (v)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Cheesy baked cod with tomato sauce, wholegrain rice, broccoli

ALLERGENS: FIS, CEL, MIL

Provencal courgette gratin, wholegrain rice & broccoli (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



Slow cooked Moroccan lamb tagine, barley couscous

ALLERGENS: CEL, WHE

Butternut & chickpea tagine, barley couscous (v)

ALLERGENS: CEL, WHE

Feta, cucumber & cherry tomato salad (v)

ALLERGENS: MIL

Mini pitta bread

ALLERGENS: WHE

Mini orange cakes with buttercream frosting

ALLERGENS: WHE, EGG, MIL

Week commencing 26th November

Monday

Beef meatballs, tomato & basil wholemeal penne, bowls of parmesan

ALLERGENS: WHE, EGG, CEL, MIL

Spinach & ricotta balls, tomato & basil wholemeal penne, bowls of parmesan (v)

ALLERGENS: WHE, EGG, CEL, MIL

Garden salad with shredded iceberg, cherry tomato, cucumber & carrot

Vinaigrette dressing served separately

ALLERGENS: MUS

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken fricassee, steamed rice, green beans & carrots

ALLERGENS: WHE, MIL, CEL

Mushroom & butternut fricassee, steamed rice, green beans & carrots (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Hachis parmentier with buttered greens & roast butternut

ALLERGENS: CEL, MIL

Lentil parmentier with buttered greens & roast butternut (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Breaded haddock, steamed new potatoes, broccoli, carrots, lemon ketchup/mayo sachets

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Butternut risotto cakes, steamed new potatoes, broccoli, carrots ketchup/mayo sachet (v)

ALLERGENS: WHE, EGG, MIL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



Slow cooked Mexican beef chilli & tomato rice

ALLERGENS: CEL

Mixed vegetable & bean chilli & tomato rice (v)

ALLERGENS: CEL

Pots of tortilla chips/bowls of grated cheddar (v)

ALLERGENS: WHE, MIL

Mini banana & chocolate cakes with vanilla frosting

ALLERGENS: WHE, MIL, EGG, SOY

Week commencing 3rd December

Monday

Creamy tomato whole grain pasta with chicken, bowls of parmesan

ALLERGENS: WHE, MIL, CEL

Creamy peto whole grain pasta with broccoli & baby spinach, bowls of parmesan (v)

ALLERGENS: WHE, MIL,

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Beef chipolatas, steamed new potatoes, broccoli, carrots & gravy

ALLERGENS: MIL, WHE

Leek & cheddar croquettes, steamed new potatoes, broccoli, carrots ketchup sachets (v)

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Provençal chicken brochettes, pilaf rice, Mediterranean roast vegetables

ALLERGENS: MIL, CEL

Halloumi brochettes, pilaf rice, Mediterranean roast vegetables (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Honey & soy baked salmon, egg noodles, broccoli & sugar snaps

ALLERGENS: FIS, SOY, WHE, EGG

Honey ginger tofu & veggie stir fry, wholegrain basmati rice, broccoli & sugar snaps (v)

ALLERGENS: SOY

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



Chicken katsu curry with steamed rice, shredded carrot

ALLERGENS: WHE, MIL, EGG

Sweet potato & butternut katsu curry with steamed rice, shredded carrot (v)

ALLERGENS WHE, MIL, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini carrot cakes with cream cheese frosting

ALLERGENS: WHE, MIL, EGG, SOY

Week commencing 10th December

Monday

Penne bolognese, bowls of parmesan

ALLERGENS: WHE, MIL, CEL

Spinach & ricotta tortellini, light creamy basil sauce, bowls of parmesan (v)

ALLERGENS: WHE, MIL

Garden salad with shredded iceberg, cherry tomato, cucumber & carrot

Vinaigrette dressing served separately

ALLERGENS: MUS

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken meatballs, supreme sauce, steamed rice, courgette & carrot spaghetti

ALLERGENS: MIL, WHE

Vegetarian balls, creamy sauce, steamed rice, courgette & carrot spaghetti (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef bourguignon, potato gratin, green beans, roast butternut squash

ALLERGENS: CEL, SUL, MIL

Provençal stuffed peppers, potato gratin, green beans, roast butternut squash (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon fish cakes, steamed new potatoes, broccoli, carrots lemon, mayo/ketchup sachets

ALLERGENS: FIS, MIL, WHE, EGG

Butternut squash & feta croquettes, steamed new potatoes, broccoli, carrots lemon, mayo/ketchup sachets (v)

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Greek yoghurt, honey & granola pots

ALLERGENS: MIL

Friday



Sweet & sour chicken with egg fried rice

ALLERGENS: SOY, EGG, WHE, CEL, FIS

Sweet & sour tofu with egg fried rice (v)

ALLERGENS: SOY, EGG, WHE, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini chocolate cake with vanilla frosting

ALLERGENS: WHE, EGG, MIL, SOY

Week commencing 17th December

Monday

Beef lasagne

ALLERGENS: WHE, MIL, CEL, EGG

Butternut squash, spinach & ricotta lasagne (v)

ALLERGENS: WHE, MIL, CEL

Garlic bread

ALLERGENS: WHE, MIL

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken pie, steamed new potatoes, broccoli & carrots

ALLERGENS: MIL, WHE, EGG

Spinach & ricotta filo pie, steamed new potatoes, broccoli & carrots (v)

ALLERGENS: MIL, WHE

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef stroganoff, steamed rice, green beans & roast butternut squash

ALLERGENS: MIL, SUL, MUS

Mushroom, lentil & butternut stroganoff, steamed rice, green beans & carrots (v)

ALLERGENS: CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Roast turkey, cocktail beef sausage, roast potatoes, broccoli, cauliflower, carrots & gravy

ALLERGENS: WHE, MIL

Butternut squash & lentil loaf, roast potatoes, broccoli, cauliflower, carrots & gravy (v)

ALLERGENS: WHE, MIL, SUL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini Christmas treats

ALLERGENS: WHE, MIL, EGG, SOY

KEY TO ALLERGENS

WHE: cereals containing gluten

CRU: crustaceans, for example prawns, crabs, lobster and crayfish

EGG: eggs

FIS: fish

PEA: peanuts

SOY: soybeans

MIL: milk

TRE: nuts, such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts

CEL: celery (and celeriac)

MUS: mustard

SES: sesame

SUL: sulphur dioxide, which is a preservative found in some dried fruit

LUP: lupin

MOL: molluscs, for example clams, mussels, whelks, oysters, snails and squid