

Autumn Winter 2018 Lunch & Cold Tea Week 1

Monday

Creamy Fish & Chickpea Curry
Chickpea & Vegetable Curry
Rice

Contains: Fish, Tomato, Citric Acid & Dairy

Ham & Cheese Ploughman's
Freshly Baked Baguette
Salad

Contains: Ham, Cheese, Gluten

Pumpkin Cake
Contains: Gluten & Egg

Organic Yeo Valley Yoghurt
Contains: Dairy & Citrus

Tuesday

Roast Turkey in Gravy
Quorn Fillet
Mashed Potato
Peas & Sweetcorn
Contains: Turkey & Tomato

Tomato Pasta Salad
Grated Cheese
Contains: Gluten & Tomato, Citric Acid

Fruit Jelly
Contains: Citrus

Fruit Salad
Contains: Citrus

Wednesday

Tomato Basil & Lentil Sauce
Wholemeal Pasta
Grated Cheddar Cheese
Contains: Tomato, Citric Acid, Gluten & Dairy in Cheese

Ham / Cream Cheese Bagels
Cucumber & Carrot Sticks
Contains: Gluten, Dairy, Soya, Ham

Cotswold Chocolate Ice Cream
Contains: Dairy

Organic Yeo Valley Yoghurt
Contains: Dairy & Citrus

Thursday

Lamb & Rosemary Casserole
Lentil & Rosemary Casserole
New Potatoes
Contains: Lamb, Tomato & Citric Acid

Organic Natural Yoghurt & Fruit Compote
Contains: Dairy, Honey

Tuna Mayo / Grated Cheddar Cheese
Wholemeal Sandwiches
Crudités
Contains: Gluten, Dairy, Soya, Fish, Egg

Fruit Salad
Contains: Citrus

Friday

Chicken & Squash Potato Pie
Tofu & Squash Potato Pie
Green Beans
Contains: Chicken & Tomato

Cheese & Tomato Pizza
Crunchy Salad
Contains: Dairy, Gluten, Tomato & Citric Acid

Strawberry Trifle
Contains: Dairy, Egg, Gluten & Citrus

Organic Yeo Valley Yoghurt
Contains: Dairy & Citrus

About Our Menu

Our menus run on a four-week cycle offering a different range of meals each week, so that your child has the varied diet required to help them develop their tastes and make healthy choices in the future.

All our meat is locally sourced and Farm Assured. All our eggs are free range. We use seasonal vegetables where possible.

Autumn Winter 2018 Lunch & Cold Tea Week 2

Tel: 01179 666 112
Email: admin@earlyyearscatering.co.uk
Web: www.earlyyearscatering.co.uk

Monday

Beef Chili
Mixed Bean Chili
Baked Potato
Grated Cheese

*Contains: Beef, Tomato, Citric Acid and Dairy in
Cheese*

Cotswold Vanilla Ice Cream
Contains: Dairy

**Wraps with a Chicken/Ham/Grated Cheese
Salad**

Contains: Chicken, Ham, Dairy and Gluten

Fruit Salad
Contains: Citrus

Tuesday

Fruity Chickpea Tagine
Cous Cous

*Contains: Tomato, Citric Acid and Gluten in Cous
Cous*

Apple & Blackberry Crumble Cake
Contains: Egg, Gluten, Citric Acid

Ham/Cream Cheese Bagels
Crudités

Contains: Gluten, Dairy, Soya and Ham

Organic Yeo Valley Yoghurt
Contains: Dairy and Citrus

Wednesday

Sweet & Sour Pork
Sweet & Sour Quorn
Rice

Contains: Tomato, Citric Acid, Pork

Organic Yeo Valley Yoghurt
Contains: Dairy and Citrus

**Wholemeal Rolls filled with
Turkey/Egg Mayo
Salad**

Contains: Gluten, Egg, Soya & Turkey

Fruit Salad
Contains: Citrus

Thursday

Roast Chicken in Gravy, Roast Potatoes
Roast Quorn Fillet
Carrot & Swede

Contains: Tomato and Chicken

Fruit Jelly
Contains: Citrus

Cheese & Potato Slices
Crudités

Contains: Gluten, Dairy, Egg

Organic Yeo Valley Yoghurt
Contains: Dairy and Citrus

Friday

Tuna & Sweetcorn Casserole
Tofu & Sweetcorn Casserole
Organic Pasta

Contains: Fish, Tomato, Gluten and Citric Acid

EYC Sponge
Contains: Gluten, Citrus and Dairy

Grated Cheddar Cheese / Chicken Mayo
Wholemeal Sandwiches
Salad

Contains: Gluten, Dairy, Egg, Soya, Chicken

Fruit Salad
Contains: Citrus

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Autumn Winter 2018 Lunch & Cold Tea Week 3

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Monday

Roast Free Range Ham in Gravy
Roast Quorn Fillet
Roast Potatoes
Peas & Sweetcorn
Contains: Ham, Tomato
Fairtrade Bananas & Custard
Contains: Dairy

Turkey & Cheese Chunks Ploughman's
Freshly Baked Baguette
Salad
Contains: Turkey, Cheese, Gluten
Organic Yeo Valley Yoghurt
Contains: Dairy & Citrus

Tuesday

Beef & Vegetable Goulash
Soya Mince & Vegetable Goulash
Organic Pasta
Contains: Tomato, Citric Acid, Beef, Gluten
Organic Yeo Valley Yoghurt
Contains: Dairy & Citrus

Ham / Cream Cheese Bagels
Cucumber & Carrot Sticks
Contains: Gluten, Dairy, Soya, Ham
Fruit Salad
Contains: Citrus

Wednesday

Chicken & Sweetcorn Potato Topped Pie
Tofu & Sweetcorn Potato Topped Pie
Green Beans
Contains: Dairy, Chicken
Cotswold Chocolate Ice Cream
Contains: Dairy

Tomato Pasta Salad
Grated Cheese
Contains: Gluten, Tomato, Citric Acid
Organic Yeo Valley Yoghurt
Contains: Dairy & Citrus

Thursday

Caribbean Fish Stew
Caribbean Lentil Stew
Cous Cous
*Contains: Fish, Tomato, Citric Acid & Gluten in
Cous Cous*
Banana Chocolate Cake & Custard
Contains: Egg, Dairy & Gluten

Grated Cheese / Chicken Mayo
Wholemeal Rolls
Crudités
Contains: Gluten, Dairy, Soya, Egg, Chicken
Fruit Salad
Contains: Citrus

Friday

Lentil Dahl
Rice
Contains: Dairy, Citric Acid, Tomato
Fruity Flapjacks
Contains: No Allergies

Cheese & Tomato Pizza
Crunchy Salad
Contains: Dairy, Gluten, Tomato
Organic Yeo Valley Yoghurt
Contains: Dairy & Citrus

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Autumn Winter 2018 Lunch & Cold Tea Week 4

Monday

**Butterbean Stew
Cous Cous**

Contains: Tomato, Citric Acid & Gluten in Cous Cous

Wraps with Chicken / Ham / Grated Cheese

Contains: Chicken, Ham, Dairy, Gluten

Organic Natural Yoghurt & Fruit Compote

Contains: Dairy & Citrus Acid

Fruit Salad

Contains: Citrus

Tuesday

**Tuscan Tuna Casserole
Tuscan Chickpea Casserole
Organic Pasta**

*Contains: Tomato, Tuna, Citric Acid & Gluten in
Pasta*

Fruit Jelly

Contains: Citrus

Turkey / Cream Cheese Bagels

Contains: Soya, Turkey, Dairy, Gluten

Organic Yeo Valley Yoghurt

Contains: Dairy & Citrus

Wednesday

**Turkey & Sweet potato Curry
Lentil & Sweet potato Curry
Rice**

Contains: Turkey, Tomato, Dairy and Citric Acid

**Egg Mayo / Ham Wholemeal Rolls
Carrot Sticks**

Contains: Gluten, Dairy, Egg, Soya, Ham

Carrot Cake

Contains: Gluten, Dairy & Citric Acid

Fruit Salad

Contains: Citrus

Thursday

**Beef & Mushroom Potato Topped Pie
Soya Mince Mushroom Potato Topped Pie
Green Beans**

Contains: Beef, Tomato

**Chicken & Sweetcorn Tomato Pasta Salad
Grated Cheese**

Contains: Chicken, Dairy, Tomato, Gluten

Cotswold Strawberry Ice Cream

Contains: Dairy

Organic Yeo Valley Yoghurt

Contains: Dairy & Citrus

Friday

**Pork Chipolatas in Gravy
Sage & Marjoram Soya Sausage
Mashed Potato, Swede & Carrots**

Contains: Pork, Gluten, Tomato

**Grated Cheese / Tuna Mayo
Wholemeal Sandwiches
Salad**

Contains: Dairy, Gluten, Egg, Soya, Chicken

Organic Fruit yoghurts

Contains: Dairy & Citrus

Fruit Salad

Contains: Citrus

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