



Kinder Crescent Monthly Menu Plan

Days	Week 1	Week 2	Week 3	Week 4	Week 5
Monday	Vegetarian Chilli (WHEAT)	Pasta Bake (GLUTEN, WHEAT, MUSTARD, MILK, CELERY, FISH)	Chorizo & Red Pepper Pasta Bake (GLUTEN, WHEAT, MUSTARD, MILK, CELERY)	Chorizo & Red Pepper Pasta Bake (GLUTEN, WHEAT, MUSTARD, MILK, CELERY)	Chorizo & Red Pepper Pasta Bake (GLUTEN, WHEAT, MUSTARD, MILK, CELERY)
Tuesday	Turkey meatballs in a creamy tomato sauce served with fusilli pasta (WHEAT, GLUTEN, MILK PROTEINS, CELERY, SOYA)	Roast Chicken Dinner served with mashed potato, Carrots & gravy (GLUTEN, WHEAT, SOYA, MILK CELERY)	Shepherd's Pie (GLUTEN, WHEAT, SOYA, MILK CELERY)	Chicken Pie topped with pastry served with mashed potato & mixed veg. (GLUTEN, WHEAT, SOYA, MILK CELERY)	Chicken Curry with boiled Rice (GLUTEN, WHEAT, MUSTARD, MILK, CELERY)
Wednesday	Flaked Cod, Potato, Carrots, Peas & Beans (FISH, WHEAT, GLUTEN, CELERY, SOYA)	Chicken Curry with boiled Rice (GLUTEN, WHEAT, MUSTARD, MILK, CELERY)	Turkey meatballs in a creamy tomato sauce served with fusilli pasta (WHEAT, GLUTEN, MILK PROTEINS, CELERY, SOYA)	Chicken Curry with boiled Rice (GLUTEN, WHEAT, MUSTARD, MILK, CELERY)	Cod Bites, Potato Carrots, sweetcorn & Spaghetti (FISH, WHEAT, GLUTEN, CELERY, SOYA)
Thursday	Chicken Curry with boiled Rice (GLUTEN, WHEAT, MUSTARD, MILK, CELERY)	Cod Bites, Potato Carrots, sweetcorn & Spaghetti (FISH, WHEAT, GLUTEN, CELERY, SOYA)	Flaked Cod, Potato, Carrots, Peas & Beans (FISH, WHEAT, GLUTEN, CELERY, SOYA)	Flaked Cod, Carrots, Peas & Beans (FISH, WHEAT, GLUTEN, CELERY, SOYA)	Mince Beef Stew with Mash Potato (GLUTEN, WHEAT, MILK, CELERY)
Friday	Beef Meatballs served with vegetables, potato & gravy (WHEAT, MUSTARD, MILK, CELERY)	Beef Bolognese served with garlic bread (WHEAT, MUSTARD, MILK, CELERY)	Chicken Curry with boiled Rice (GLUTEN, WHEAT, MUSTARD, MILK, CELERY)	Beef Lasagne served with garlic bread (WHEAT, MUSTARD, MILK, CELERY)	Beef Lasagne served with garlic bread (WHEAT, MUSTARD, MILK, CELERY)