



# Woodend

*Country Childcare*

## WEEK 1

### MONDAY

#### **Spaghetti Bolognese pasta bake**

Gluten free, egg free and dairy free pasta, Minced beef, tomato pasata, onions, garlic, carrots, leeks and knorr stock cubes.

#### **Squishy Date Brownies**

Dates, oats, cocoa powder, bicarb of soda, apple sauce, oil, vanilla and nomo Chocolate

### TUESDAY

#### **Hot Jacket Potato with Skinless Sausages and Baked beans**

Homemade jacket potatoes, Morrisons pork cumberland sausages, skins removed, tesco's baked beans.

#### **Onken yoghurt with fruit coulis.**

Onken yoghurt, plain or mango, fresh berries, sugar.

### WEDNESDAY

#### **Moroccan Lentil pork and beef casserole with Cous cous**

Lentils, minced pork and beef, carrot, butternut squash, crushed tomatoes, cumin, cinnamon, tumeric, coriander, knorr beef stock

#### **Fruit Crumble and Custard**

Fresh fruit, oats, plain flour, flora plant based butter, sugar, patly vanilla custard.

### THURSDAY

#### **Homemade Chicken nuggets with potato wedges and corn on the cob**

Chicken breast and thigh, panko, flour, oat milk vinegar, oil, potato, corn on the cob

#### **Lemon shortbread**

Plain flour, sugar, Lemon rind and flavour, flora plant based, semolina.

### FRIDAY

#### **Tuna sweetcorn and pasta bake, with garlic bread**

Tuna, sweetcorn, tomato crushed, onion, garlic, oat milk, cornflour, vegan cheese, plant based flora butter and part baked baguettes.(gluten)