

## MENU BUSY BEES

		<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>
Monday	Lunches	<b>Spaghetti Bolognese</b> <i>Contains * 1, 3, 5 + celery</i>	<b>Pasta/Bacon Carbonara</b> <i>contains *1, 2, 3, 5</i>	<b>Cheesy Pasta Bake</b> <i>contains * 1, 2, 3, 5</i>
	Teas	<b>Cheesy Toast</b> <i>Contains * 1, 2, 5</i>	<b>Pancakes &amp; Fruit</b> <i>Contains * 1, 2, 3, 5</i>	<b>Beans on Toast</b> <i>contains * 1, 2</i>
Tuesday	Lunches	<b>Chicken fillet, Veg &amp; Mash\gravy</b> <i>Contains * 1, 2</i>	<b>Shepherds Pie (with veg)</b> <i>Contains * 1, 2, 5</i>	<b>Sausage, Veg &amp; Mash</b> <i>Contains *Pork + 1,2,</i>
	Teas	<b>Soup &amp; bread Roll</b> <i>Contains *1, 2, 5,</i>	<b>Noodle with Sweet chili</b> <i>Contains *1, 2, 3, 5</i>	<b>Homemade Pitta Pizza</b> <i>Contains *1,2,5</i>
Wednesday	Lunches	<b>Homemade Beef Stew/Mash</b> <i>Contains *1, 2, 5</i>	<b>Mild Chicken Curry &amp; Rice</b> <i>Contains * 1,2,5</i>	<b>Chicken Casserole &amp; Mash</b> <i>contains *1,2,5</i>
	Teas	<b>Fruit Scones</b> <i>Contains *1,2,3,5</i>	<b>Banana Bread</b> <i>contains *1,2,3,5</i>	<b>Macaroni 7 cheese</b> <i>contains 1,2,3,5</i>
Thursday	Lunches	<b>Mild Chicken Curry &amp; Rice</b> <i>Contains *1,2,5</i>	<b>Sausage Beans &amp; Mash</b> <i>Contains *pork + 1,2,</i>	<b>Chicken Supreme /Rice</b> <i>contains *1, 2</i>
	Teas	<b>Potato Waffles/ hoops</b> <i>Contains 1,3,5</i>	<b>Homemade Pitta Pizza</b> <i>Contains *1,2,5</i>	<b>Beans on Toast</b> <i>Contains *1,2</i>
Friday	Lunches	<b>Baked Cod /Oven Chips</b> <i>Contains *1</i>	<b>Fish And Vegetable Pie</b> <i>Contains *1,2</i>	<b>Chili Con Carne /Rice</b> <i>Contains *1,5</i>
	Teas	<b>Potato Waffles &amp; Hoops</b> <i>Contains *1,3,5</i>	<b>Sandwiches with variety of fillings</b> <i>Contains 2,</i>	<b>Hot Sausage Rolls</b> <i>Contains *Pork + 1,3,5</i>

**\*\*See Allergen Sheet below**

Morning Break : **A variety of fruit** (Banana, Grapes, Melon, berries)

After Tea **Petit Filous Yoghurts**  
*Contains \*2*

*Special Occasion :*           **Rice Krispie Buns, Fairy Cakes, Birthday Cake, Ice Cream**

*Contains \*Chocolate, 1, 2, 3, 5, - May contain 6*

*Beverages :*                   **Water** *(Unless instructed by Parents)*

*We stay away from Dilute and Milk, unless parents specify and provide otherwise.*

*May Contain Certain Allergen:*

**ALLERGEN INFORMATION**

**1= Wheat or wheat flour    2= milk or milk product    /Dairy    3 = Egg or by product of Egg    4 = soya**  
**5 = Gluten                    6 = Nut or trace nut**

*Parents*

*Please let us know if your child has an allergy to any product or by product and we will be pass this information on to our che*  
*Any child requiring special dietary requirements please speak with our Manager.*

*The 14 Allergens which must be labeled*

**1.Cereals containing gluten**, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, except:

(a) wheat based glucose syrups including dextrose

(b) wheat based maltodextrins

(c) glucose syrups based on barley

(d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin

**2.Crustaceans** and products thereof

**3. Eggs** and products thereof

**4. Fish** and products thereof, except:

(a) fish gelatine used as carrier for vitamin or carotenoid preparations

(b) fish gelatine or Isinglass used as fining agent in beer and wine

**5. Peanuts** and products thereof

**6. Soybeans** and products thereof, except:

(a) fully refined soybean oil and fat

(b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources

(c) vegetable oils derived phytosterols and phytosterol esters from soybean sources

(d) plant stanol ester produced from vegetable oil sterols from soybean sources

**7. Milk** and products thereof (including lactose), except:

(a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin

(b) lactitol

**8. Nuts**, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin

**9. Celery** and products thereof

**10. Mustard** and products thereof

**11. Sesame seeds** and products thereof

**12. Sulphur dioxide** and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO<sub>2</sub> which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers

**13. Lupin** and products thereof

**14. Molluscs** and products thereof

Services are not required to list any other allergens however other allergens or intolerances can be listed voluntarily.