

Ash Green Children's Centre Daily Menu – Week One

Our healthy menus are planned following guidance from **The Food for Life Award**

Lunch
Quiche Lorraine, new potatoes and baked beans Semolina with apricots
Braised sausage in onion gravy served with sweet potato mash and cabbage Sultana sponge and custard
Chicken and mushroom pasta bake with sweet corn and broccoli Ginger bread biscuit with apple slices
Beef stew with dumplings and vegetables Cherry crumble with custard
Fish pie topped with potato served with carrots and green beans Strawberry mousse
Drinks available throughout the day are water & milk

Parents/carers please be aware this menu contains the following allergens – gluten, eggs, fish, milk & soya.

Special dietary requests and vegetarian options are catered for.

Some of the ingredients we have purchased may of been made in a factory where nuts are present.

All our meat, milk, fruit and vegetables are purchased from local suppliers