

# Elland Children's Centre

WEEK 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Selection of cereals/crumpets</p> <p>Fruit Drink</p>	<p>Selection of cereals/croissant</p> <p>Fruit Drink</p>	<p>Selection of cereals/toast</p> <p>Fruit Drink</p>	<p>Selection of cereals/yoghurt</p> <p>Fruit Drink</p>	<p>Selection of cereals/toast</p> <p>Fruit Drink</p>
Dinner	<p>BBQ chicken (gf+df)</p> <p>Cheesy pasta</p> <p>Jacket Potato (gf + df)</p> <p>Potato Waffles</p> <p>Salad/Sweet Corn</p> <p>Shortbread/ Fruit/Yoghurt (gf)</p>	<p>Penne pasta sausage (df)</p> <p>Tandoori Quorn Wrap</p> <p>Jacket Potatoes (gf + df)</p> <p>Herby diced potatoes /Mixed Vegetables</p> <p>Jammy biscuit/Fruit /Yoghurt(gf)</p>	<p>Chicken ( gf+df)</p> <p>Yorkshire Pudding</p> <p>Savory Quorn mince (gf)</p> <p>Jacket Potatoes (gf+df)</p> <p>Mash/Roast Potatoes/ Carrots/Broccoli</p> <p>Orange cake/ Fruit/Yoghurt (gf)</p>	<p>Fish (df)</p> <p>Sweet Potato &amp; cheese pie</p> <p>Jacket Potatoes (gf+df)</p> <p>Potato wedges/Peas/ wholemeal hoops</p> <p>Fruity Thursday (gf &amp; df)</p>	<p>Homemade Pizza</p> <p>Jacket Potatoes (gf+df)</p> <p>Chips/Salad/Beans (gf+df)</p> <p>Flap Jack/ Fruit/Yoghurt (gf)</p>
Tea	<p>Sandwiches &amp; veg sticks</p> <p>Fruit and Yoghurt</p>	<p>Scrambled Egg &amp; Toast</p> <p>Fruit &amp; jelly</p>	<p>Tuna/chicken pasta</p> <p>Fruit salad</p>	<p>Crackers, Cheese &amp; veg sticks</p> <p>Fruit &amp; ice cream</p>	<p>Sandwiches &amp; veg sticks</p> <p>Fruit salad</p>

The foods provided at Elland Children's Centre may contain food allergens, see below for a list. If you would like to know more about these please speak to a senior member of staff.

- Eggs
- Crustaceans
- Sulphur dioxide
- Peanuts
- All menu items highlighted in **YELLOW** are the vegetarian option
- gf = gluten free df= dairy free
- Soyabeans
- Nuts
- Mustard
- Sesame
- Molluscs
- Sulphites
- Fish
- Milk
- Cereals containing gluten
- Lupin
- Celery