

Weeks 1 – 4

Vegetarian options - see notes on p3

Week 1 w/c 7.1 / 4.3 / 29.4 24.6	Lunch	Allergens	Please tick the days your child will be coming
Monday	Lentil soup with crusty bread Fruit crumble and custard	C/G/L G L	
Tuesday	Garlic bread Ham and tomato pasta with peas	G/L G	
Wednesday	Homemade pizza with vegetables Fruit jelly	G/L	
Thursday	Chicken casserole Yoghurt	C L	
Friday	Vegetable pate on toast fingers Tuna mornay (rice dish)	G F/L	
Week 2 w/c 14.1 / 11.3 6.5 / 1.7	Lunch	Allergens	Please tick the days your child will be coming
Monday	Mini quiche with potato salad and vegetables Fresh fruit	E/L	
Tuesday	Leek & potato soup with filled sandwiches Oat biscuit	C/G/L E/G/L	
Wednesday	Veg sticks with dip Spaghetti bolognese	L C/G	
Thursday	Fish curry with naan bread Yoghurt	F/C/G L	
Friday	Courgette muffins Turkey hotpot with new potatoes	G/E/L C	
Week 3 w/c 21.1 / 18.3 / 13.5 / 8.7	Lunch	Allergens	Please tick the days your child will be coming
Monday	Chickpea dip with veg sticks Tomato pasta bake	G	
Tuesday	Fresh fruit platter Roast chicken dinner with peas, carrots & roast potatoes	C	
Wednesday	Broccoli soup with a cheese sandwich Fruit sponge and custard	C/L/G G/L/E	
Thursday	Mince and tatties Yoghurt	C L	
Friday	Salmon mousse on an oatcake Mini toad in the hole with couscous and vegetables	F/L G/L/E	
Week 4 w/c 28.1 / 25.3 20.5 / 15.7	Lunch	Allergens	Please tick the days your child will be coming
Monday	Sausage plait with vegetables Yoghurt	G/L/E L	
Tuesday	Soft cheese on an oatcake Tuna pasta bake	L/G F/G	
Wednesday	Fruit and veg platter Chicken with a mushroom sauce and rice	L	
Thursday	Butternut squash soup with crusty bread Fruit flapjack	C/G/L L/G	
Friday	Baked potato with cheese and mixed beans Melon with raspberry coulis	L	

Weeks 5 – 8

Vegetarian options - see notes on p3

Week 5 w/c 4.2 / 1.4 / 27.5 / 22.7	Lunch	Allergens	Please tick the days your child will be coming
Monday	Mild chilli con carne with rice Orange and apple rockies	C G/E/L	
Tuesday	Macaroni cheese with potato wedges and peas Yoghurt	L/G L	
Wednesday	Vegetable and bean pie with a sweet potato topping Pineapple slices	L/C	
Thursday	Homemade fish fingers with vegetables Fruit jelly and ice cream	F/G/E L	
Friday	Chicken and rice soup with a ham sandwich Blueberry muffin	C/G/L G/E/L	
Week 6 w/c 11.2 / 8.4 / 3.6 / 29.7	Lunch	Allergens	Please tick the days your child will be coming
Monday	Mackerel pate on an oatcake Potato and lentil cakes with vegetables	F/L/G E/G	
Tuesday	Broccoli soup with cheese scone Fruit cocktail	C/G/L	
Wednesday	Mini omelette with wedges and veg Yoghurt	E/L	
Thursday	Vegetable lasagne with a side salad Carrot cake	L/G G/E	
Friday	Breadsticks with a cream cheese dip Veg stir fry with egg noodles	G/L E/G	
Week 7 w/c 18.2 / 15.4 / 10.6 / 5.8	Lunch	Allergens	Please tick the days your child will be coming
Monday	Homemade pizza with mixed beans Fresh fruit	G/L	
Tuesday	Fruit and veg platter Fish pie with veg	F/L	
Wednesday	Vegetable flapjack Sausage and mash with peas	L/G	
Thursday	Sweet potato and butternut squash soup with sandwiches Yoghurt	C/G/L L	
Friday	Homemade burger in a bun with salad Oat biscuit	G/E/L G/E/L	
Week 8 w/c 25.2 / 22.4 / 17.6 / 12.8	Lunch	Allergens	Please tick the days your child will be coming
Monday	Stovies with vegetables Melon with fruit coulis	C	
Tuesday	Tomato chicken with rice Yoghurt	L	
Wednesday	Courgette soup with crusty bread Fruit crumble	C/G/L G/L	
Thursday	Spaghetti bolognese with grated carrots Fresh fruit	G	
Friday	Homemade hummus with veg sticks Salmon egg fried rice	F/E	

Allergen listing:

Letter code	Allergen
C	Celery (contained in the stock cubes we use)
G	Cereals containing gluten e.g. wheat, oats, barley, rye
Cr	Crustaceans (we don't use these at Castlegate, or products containing them)
E	Eggs
F	Fish
Lu	Lupin
L	Milk products – containing lactose. Milk, butter, yoghurt, crème fraiche etc.
Mo	Molluscs (we don't use these at Castlegate, or products containing them)
Mu	Mustard – contained in some condiments we use e.g. mayonnaise
N	Nuts (we don't use these at Castlegate, or products containing them)
P	Peanuts (we don't use these at Castlegate, or products containing them)
Ss	Sesame seeds
So	Soya
SO	<i>Sulphur dioxide. Contained in some meat products and dried fruits e.g. raisins</i> Please note, our menus are currently not marked for SO

Lunches are currently £2.00 each / £2.50 each for school age children.

All our main dishes are prepared with lots of fresh vegetables in them.

Vegetarian - we use cheese containing animal rennet, so some dishes are not vegetarian if they contain cheese e.g. macaroni cheese. Otherwise unless the description states the meal contains meat it will be vegetarian.

Unless otherwise stated, all our main meals are thickened with vegetable puree, not flour.

The yoghurt we serve has had the sugar content reduced by mixing with plain yoghurt.

We have labelled the menu to the best of our knowledge and will continue to review the menu and recipes on an ongoing basis. Further description of all the allergens can be found at www.food.gov.uk

We will provide alternatives where possible e.g. we can substitute ricecakes for oatcakes, provide gluten free bread instead of standard bread, or make a tomato based sauce rather than a dairy based sauce. For very specific dietary requirements we may ask you to provide food from home.

If you have specific questions about your child's dietary requirements please ask. It is our policy to provide you with an accurate answer therefore it might not be possible to answer your question straight away (we may need to check the following before we respond - with our cook / recipes / ingredient labels). We will endeavour to get an accurate answer to you as soon as possible.

We may make seasonal amendments to the menu, and notification of these changes will be highlighted on the menu that is displayed on the Parents' Noticeboard and on our Facebook page. E.g. we may change to a Scottish themed lunch on Burns' Night, and we will substitute one of the lunches for a Christmas lunch during December. If you have already made us aware of your child's dietary requirements then we will be able to notify you in advance if the changes will affect whether or not your child can have nursery lunch that day.

Lactose: sandwiches / bread are prepared with dairy spread, this can be changed to dairy free if required