

**HAWKINGE HOUSE**  
**MENU FOR WEEK COMMENCING MONDAY 8<sup>th</sup> JANUARY 2018**

|                                 | MONDAY                                                              | TUESDAY                                                             | WEDNESDAY                                                   | THURSDAY                                    | FRIDAY                                            | SATURDAY                                                     | SUNDAY                                                    |
|---------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------|---------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|
| <b>BREAKFAST</b>                | <b>CRUMPETS</b>                                                     | <b>BACON, EGG, BAKED BEANS AND HASH BROWNS</b>                      | <b>POACHED EGGS</b>                                         | <b>SAUSAGE, EGG TOMATO AND FRIED BREAD</b>  | <b>FRESH BAKED PASTRY'S</b>                       | <b>SCRAMBLED EGGS</b>                                        | <b>BACON ROLL</b>                                         |
| <b>ALLERGY ADVICE</b>           | <b>GL, E</b>                                                        | <b>GL, E</b>                                                        | <b>E</b>                                                    | <b>GL, E</b>                                | <b>GL, E</b>                                      | <b>E</b>                                                     | <b>GL</b>                                                 |
| <b>LUNCH MAIN CHOICE</b>        | <b>BAKED GAMMON WITH PARSLEY SAUCE, LYONNAISE POTATOES AND PEAS</b> | <b>BEEF BRAISED IN RED WINE, MASH POTATOES AND FRESH VEGETABLES</b> | <b>PASTA BOLOGNAISE WITH GRATED CHEESE AND GARLIC BREAD</b> | <b>SHEPHERD'S PIE WITH FRESH VEGETABLES</b> | <b>FISH &amp; CHIPS WITH MUSHY PEAS</b>           | <b>SAUSAGE AND MASH WITH ONION GRAVY AND PEAS</b>            | <b>ROAST TURKEY,, ROAST POTATOES AND FRESH VEGETABLES</b> |
| <b>ALLERGY ADVICE</b>           | <b>GL, MK</b>                                                       | <b>GL, SU, CE</b>                                                   | <b>GL, E,</b>                                               | <b>GL, CE</b>                               | <b>GL</b>                                         | <b>MK</b>                                                    | <b>GL</b>                                                 |
| <b>LUNCH ALTERNATIVE CHOICE</b> | <b>COD &amp; SPINACH GRATIN</b>                                     | <b>CAULIFLOWER CHEESE</b>                                           | <b>VEGETABLE LASAGNE WITH SALAD</b>                         | <b>CHICKPEA AND SPINACH CURRY AND RICE</b>  | <b>BRAISED PORK WITH MASH AND VEGETABLES</b>      | <b>SWEET &amp; SOUR CHICKEN WITH RICE AND PRAWN CRACKERS</b> | <b>GRILLED SALMON WITH NEW POTATOES</b>                   |
| <b>ALLERGY ADVICE</b>           | <b>E MK</b>                                                         | <b>GL MK</b>                                                        | <b>GL, MK</b>                                               |                                             | <b>GL</b>                                         | <b>GL</b>                                                    | <b>F</b>                                                  |
| <b>DESSERT</b>                  | <b>RICE PUDDING WITH JAM</b>                                        | <b>SPOTTED DICK</b>                                                 | <b>TREACLE PUDDING</b>                                      | <b>PINEAPPLE PUPSIDE DOWN CAKE</b>          | <b>WARM CHOCOLATE BROWNIE WITH WHIPPED CREAM</b>  | <b>STICKY TOFFEE PUDDING</b>                                 | <b>FRESH FRUIT CRUMBLE AND CUSTARD</b>                    |
| <b>ALLERGY ADVICE</b>           | <b>GL, ML</b>                                                       | <b>MK, E, GL</b>                                                    | <b>E, MK, GL</b>                                            | <b>E, MK, GL</b>                            | <b>E, M, GL</b>                                   | <b>E, M, GL</b>                                              | <b>M, GL</b>                                              |
| <b>SUPPER</b>                   | <b>SAUSAGES &amp; CHIPS WITH BAKED BEANS</b>                        | <b>CHEESE AND BACON TART SALAD AND POTATO WEDGES</b>                | <b>ASSORTED SANDWICHES</b>                                  | <b>ASSORTED PASTIES</b>                     | <b>CHEESE AND POTATO PIE AND MIXED VEGETABLES</b> | <b>SPAGHETTI ON TOAST</b>                                    | <b>ASSORTED SANDWICHES OR CHEESE AND BISCUITS</b>         |
| <b>ALLERGY ADVICE</b>           | <b>MK</b>                                                           | <b>E, MK, CR</b>                                                    | <b>GL.MK.CR</b>                                             | <b>G, F</b>                                 | <b>G; . MK</b>                                    | <b>GL</b>                                                    | <b>GL, E</b>                                              |
| <b>DESSERT</b>                  | <b>MELON BALLS WITH FRUIT COULIS</b>                                | <b>FRUITY JELLY</b>                                                 | <b>FRESH FRUIT SALAD</b>                                    | <b>CHOC MOUSSE</b>                          | <b>ICE CREAM</b>                                  | <b>CRÈME CARAMEL</b>                                         | <b>PEACHES AND CREAM</b>                                  |
| <b>ALLERGY ADVICE</b>           |                                                                     |                                                                     |                                                             | <b>GL, MK</b>                               | <b>MK, GL</b>                                     | <b>MK, GL</b>                                                | <b>MK</b>                                                 |

**ALLERGY NOTICE**

**GL = GLUTEN    E = EGGS    PE = PEANUTS    N = NUTS    MK = MILK    S = SOYA    M = MUSTARD    LU = LUPIN    F = FISH**  
**CR = CRUSTACEANS    MO = MOLLUSCS    SE = SESAME    CE = CELERY    SU = SULPHUR DIOXIDE (week 3)**