

HAWKINGE HOUSE
MENU FOR WEEK COMMENCING MONDAY THE 22ND OCTOBER 2018

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------------------------------------|
| BREAKFAST | CRUMPETS | BACON,EGG. TOMATO, FRIED BREAD | POACHED EGGS | SAUSAGE, EGG, BAKED BEANS AND HASH BROWNS | FREH BAKED PASTRYS | SCRAMBLED EGGS | BACON ROLLS |
| ALLERGY ADVICE | GL, E | GL , E,SU | E | GL , E | GL,MK | E | SU,GL |
| LUNCH MAIN CHOICE | CHICKEN & GAMMON PIE, WITH MASH & PEAS | ROAST PORK WITH CREAMY PEPPERCORN SAUCE | GRILLED CHICKEN SALAD WITH NEW POTATOES | SHEPHERDS PIE WITH FRESH VEGETABLES | BATTERED FISH WITH CHIPS AND MUSHY PEAS | SAUSAGE HOTPOT WITH FRESH VEGETABLES | ROAST CHICKEN WITH STUFFING,YORKSHIRE PUDDING AND FRESH VEGETABLES |
| ALLERGY ADVICE | GL, F , M ,CE, MK | MK , GL | GL, CE, MK, E | GL, E , F, S | F,GL,M,MK,E | GL , CE | GL,MK |
| LUNCH ALTERNATIVE CHOICE | COD AND SPINICH GRATIN | VEGETABLE FRITTA & SALAD | MUSHROOM STROGANOFF AND RICE | MILD VEGETABLE KORMA/RICE | BEEF IN RED WINE POTATOES AND VEG | SPAGETTI BOLOGNAISE AND GARLIC BREAD | POACHED SALMON IN A LEMON BUTTER SAUCE |
| ALLERGY ADVICE | CE F MK | GL MK | E GL N | CE GL,N | CE,GL, | GL,CE,MK | MK,F |
| DESSERT | SEMOLINA WITH JAM | JAM ROLY POLY | BREAD AND BUTTER PUDDING | APPLE & SULTANA CAKE | CHOCOLATE PUDDING | JAM AND COCONUT SPONGE | FRESH FRUIT CRUMBLE WITH CUSTARD |
| ALLERGY ADVICE | MK | GL | GL MK E | E MK GL | MK,GL,E | E MK GL,N | MK,GL |
| SUPPER | FISH FINGERS WITH CHIPS AND COLESLAW | TOMATO AND PESTO TART WITH NEW POTATOES AND SALAD | ASSORTED SANDWICHES | CORNISH PASTY WITH SPAGHETTI HOOPS | CAULIFLOWER CHEESE AND POTATOE PIE WITH MIXED VEG | BEANS ON TOAST | ASSORTED SANDWICHES AND CHEESE AND BISCUITS |
| ALLERGY ADVICE | MK | E, MK, CR | GL.MK.CR | G, F, MK | GL,MK | GL | GL,MK |
| DESSERT | JELLY | BANNANAS & CUSTARD | FRUIT SALAD AND CREAM | STRAWBERRY MOUSSE | ICE CREAM | BLANCMANGE | FRUIT COCKTAIL AND CREAM |
| ALLERGY ADVICE | GL, MK | GL, MK | GL, MK, E, S | GL, MK | | MK | |

ALLERGY NOTICE

GL = GLUTEN E = EGGS PE = PEANUTS N = NUTS MK =MILK S = SOYA M = MUSTARD LU = LUPIN F = FISH
C R =CRUSTACEANS MO = MOLLUSCS SE = SESAME CE = CELERY SU = SULPHUR DIOXIDE