

**HAWKINGE HOUSE**  
**MENU FOR WEEK COMMENCING MONDAY 20<sup>th</sup> JULY 2020**

|                                 | MONDAY                                      | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY                                   | SUNDAY   |
|---------------------------------|---|---|---|---|---|--|--|
| <b>BREAKFAST</b>                | <b>HOT COOKED BREAKFAST</b>                 | <b>HOT COOKED BREAKFAST</b>   | <b>HOT COOKED BREAKFAST</b>   | <b>HOT COOKED BREAKFAST</b>                       | <b>HOT COOKED BREAKFAST</b>                                 | <b>CRUMPETS</b>                            | <b>BACON SANDWICH</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>CHICKEN SUPREME WITH VEGETABLE RICE</b>  | <b>BEEF BRAISED IN RED WINE, MASH POTATOES AND FRESH VEGETABLES</b> | <b>BAKED GAMMON WITH PARSLEY SAUCE, ROAST POTATOES AND FRESH VEGETABLES</b> | <b>SAUSAGE AND MASH WITH ONION GRAVY AND PEAS</b> | <b>BATTERED FISH OR SAUSAGE &amp; CHIPS WITH MUSHY PEAS</b> | <b>SHEPHERDS PIE WITH FRESH VEGETABLES</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>MILD VEGETABLE CHILLI WITH RICE</b>                              | <b>VEGETABLE RISOTTO</b>  | <b>CHICKPEA AND SPINCH CURRY WITH RICE</b>        | <b>POACHED FISH MONARY WITH MASH AND PEAS</b>               | <b>CAULIFLOWER AND BROCCOLI GRATIN</b>     | <b>GRILLED SALMON WITH PARSLEY SAUCE</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 AND JAM</b>                 | <b>SPOTTED DICK</b>   | <b>TREACLE PUDDING</b>  | <b>PINEAPPLE UPSIDE DOWN CAKE</b>                 | <b>WARM CHOCOLATE BROWNIE WITH WHIPPED CREAM</b>            | <b>STICKY TOFFEE PUDDING</b>               | <b>FRESH FRUIT CRUMBLE</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; MASH WITH BAKED BEANS</b> | <b>JACKET POTATO WITH CHEESE AND HAM</b>                            | <b>ASSORTED SANDWICHES</b>  | <b>BRIE AND TOMATO TART WITH POTATO SALAD</b>     | <b>ASSORTED SANDWICHES</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>FRUITY JELLY</b>                         | <b>BANANAS AND CUSTARD</b>  | <b>STRAWBERRY MOUSSE</b>  | <b>ETON MESS</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)**