

The TIMS Menu

Week of 28th September to 2nd October

Curious what is cooking? Here is our menu of morning snacks, lunches and desserts for the week. Please note that we cook fresh daily, so small changes may occasionally be made based on product availability.

Please note: we have a NO NUTS policy at TIMS.

DAY	MENU	INGREDIENTS / ADDITIVES & PRESERVATIVES (EU REG. 1169/2011)
Monday 28 September	Morning snack: Organic yogurt with a choice of seasonal fresh fruit, organic granola or cereal Lunch: Pasta in a creamy cheese sauce with broccoli and green peas Dessert: Seasonal fresh fruit	 GLUT  MILK  EGGS
Tuesday 29 September	Morning snack: Pretzels Lunch: Chicken Orzo soup Dessert: Apple and cinnamon cake	 GLUT
Wednesday 30 September	Morning snack: Organic yogurt with a choice of seasonal fresh fruit and organic granola or cereal Lunch: Oven baked breaded fish with buttery boiled potatoes and cauliflower Dessert: Mango and strawberry smoothie	 MILK  FISH  GLUT
Thursday 1 October	Morning snack: Whole grain mini roles with cottage cheese, cucumber or grapes Lunch: Creamy pumpkin risotto with mushrooms Dessert: Raspberry Jelly	 MILK  GLUT
Friday 2 October	Morning snack: Friday's class special snack Lunch: Sausages and French fries with cucumber salad Dessert: Seasonal fresh fruit	 GLUT

EU Allergen Key — Regulation 1169/2011

 GLUT — Gluten	 CRUST — Crustaceans
 EGGS — Eggs	 FISH — Fish
 PNUT — Peanuts	 SOY — Soy
 MILK — Milk	 NUTS — Tree Nuts
 CELY — Celery	 MUST — Mustard
 SES — Sesame	 SO2 — Sulphites
 LUP — Lupin	 MOLL — Molluscs