

The TIMS Menu

Week of 17th August to 21st August

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 17 August	Morning snack: Organic yogurt with a choice of seasonal fresh fruit, organic granola or cereal Lunch: Spinach and potato casserole with green beans Dessert: Fresh fruit	 MILK  GLUT
Tuesday 18 August	Morning snack: Fresh baked bread with organic butter and organic ham and cheese Lunch: Pasta Carbonara with sweetcorn and broccoli Dessert: Carrot cake	 GLUT  MILK  EGGS
Wednesday 19 August	Morning snack: Organic yogurt with a choice of seasonal fresh fruit and organic granola or cereal Lunch: Breaded fish fillets with mixed vegetables and mashed potatoes Dessert: Mixed berry smoothie	 MILK  FISH
Thursday 20 August	Morning snack: Fresh baked bread with organic butter and organic ham and cheese Lunch: Vegetable curry with rice noodles, fresh tomatoes Dessert: Vanilla pudding	 MILK
Friday 21 August	Morning snack: Friday's special snack Lunch: Chilli con carne with rice and fresh bell peppers Dessert: 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