Spring/Summer Menu Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereal and MilkWheat,Milk | Crumpet and SpreadWheat,Milk,Soya | Cereal and MilkWheat,Milk | Croissants and FruitMilk,Wheat,Egg | Cereal and MilkWheat,Milk |
| Morning Snack | Oat cake and Cream cheeseWheat,Milk | Fruit | Vegetable Sticks | Crackers and Cheese StickWheat,Milk | Fruit |
| Afternoon Snack | Vegetable Sticks | Crispbreads with Cream CheeseWheat,Milk | Breadstick and Cream CheeseWheat,Milk,Soya,Sesame  | Fruit | Vegetable Sticks |

Lunchtime (served with water)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Starter | Corn on the Cob(Melon for under 2) |  |  | Tortilla Nacho with Garlic DipGluten,Egg |  |
| Main | Chicken Chow MeinEgg,Gluten,Soya | Lentil and Veg Shepherdless Pie with BroccoliGluten,Celery,Soya | Turkey Meatballs with Tomato Sauce and PastaGluten,Egg | Sausage and Bean PotGluten,Celery,Sulphite | Salmon and Peas RisottoFish,Gluten |
| Pudding |  | Carrot CakeGluten,Egg,Milk | Milk JellyMilk |  | Raspberry SyllabubMilk |
|  |  |  |  |  |  |

Teatime (served with water)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Starter |  | Cheese and TomatoMilk |  |  | Mixed Melon |
| Main | Roasted Root Vegetables with Garlic DipEgg | Fish Cake and Mushy PeasGluten,Fish,Mustard | Cauliflower CheeseMilk,Gluten | Baked Beans with Bread and ButterGluten,Soya | Egg SandwichesCheese Sandwicheswith cucumber Egg,Milk,Soya |
| Pudding | Banana SmoothieMilk |  | YoghurtMilk | Oat and Raisin CookiesGluten,Egg |  |

Spring/Summer Menu Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Croissants and FruitMilk,Wheat,Egg | Cereal and MilkWheat,Milk | Crumpet and SpreadWheat,Milk,Soya | Cereal and MilkWheat,Milk | 50/50 Toast with Spread and FruitWheat,Soya |
| Morning Snack | TeacakeWheat,Soya,Egg | Vegetable Sticks | Fruit | Crispbread and Cream CheeseWheat,Milk | Vegetable Sticks |
| Afternoon Snack | Fruit | Fruit | Digestive BiscuitWheat | Fruit | Cracker and Cream CheeseWheat,Milk |

Lunchtime (served with water)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Starter |  | Pitta Fingers with Raita DipGluten,Milk |  |  | Garlic BreadGluten,Milk,Sesame |
| Main | Fish Fingers, Baked Beans and ChipsFish,Gluten | BBQ Chicken with New Potatoes and Green BeansGluten,Mustard | Minced Beef Puff Pastry Pie with Mashed, Peas and SweetcornGluten,Soya,Celery | Rogan Josh with RiceGluten | Red Lentil & Vegetable Spaghetti BologneseGluten |
| Pudding | Fruit Salad and CreamMilk |  | YoghurtMilk | Cocoa Rice PuddingMilk |  |
|  |  |  |  |  |  |

Teatime (served with water)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Starter | Hummus with Vegetable Sticks |  |  | Pea-camole with Vegetable Sticks |  |
| Main | Macaroni Cheese with Butternut SquashMilk,Gluten | Turkey Sandwiches Cheese Sandwiches with Carrot SticksMilk,Soya | Bagel and Cream Cheese with Apple ColeslawGluten,Sesame,Milk,Egg | Ham and Cheese ToastiesMilk,Soya | Ploughman’s TeaMilk, Gluten |
| Pudding |  | Lemon and Courgette CakeGluten,Egg | Fruit |  | Banana and Raisin |

Spring/Summer Menu Week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereal and MilkWheat,Milk | Pancake and FruitWheat,Egg,Milk | Cereal and MilkWheat,Milk | 50/50 Toast with Spread and FruitWheat,Soya | Cereal and MilkWheat,Milk |
| Morning Snack | Fruit | Oat Cake and Cheese SticksWheat,Milk | TeacakeWheat,Soya,Egg | Vegetable Sticks | Fruit |
| Afternoon Snack | Rice CakeSesame,Milk,Soya | Vegetable Sticks | Fruit | Bread Stick and Cream CheeseWheat,Millk,Soya,Sesame | Vegetable Sticks |

Lunchtime (served with water)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Starter | Naan Bread with Mango ChutneyGluten,Milk,Sesame |  | Hummus with Vegetable Sticks |  |  |
| Main | Turkey Keema Curry with RiceMilk,Glueten | Tasty Mince Beef Pasta BakedGluten,Milk | Fish Pie with Peas and SweetcornFish,Milk,Gluten,Mustard | African Sweet Potato Bean StewGluten,Soya | Chicken Dinner, Roasted Potatoes, Seasonal Veg and Yorkshire PuddingGluten,Egg,Milk |
| Pudding |  | Chocolate and Raspberry BrownieGluten,Egg,Soya |  | Summer Fuit Crumble and CustardGluten,Milk | Peaches and Ice CreamMilk |
|  |  |  |  |  |  |

Teatime (served with water)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Starter |  | Mixed Melon |  | Cheese and TomatoMilk |  |
| Main | Jacket Potato with Baked Beans | Tuna Sandwiches Cheese Sandwiches and Pepper sticksGluten,Soya,Milk,Fish | Cheese Quesadillas with Cherry TomatoesGluten,Milk | Pizza Muffin with Cucumber SticksGluten,Milk,Soya | Beanie Pinwheels Vegetable Sticks Gluten |
| Pudding  | YoghurtMilk |  | Mini Oaty Banana MuffinGluten,Egg |  | Fruit |