



Spring/Summer Menu

Week 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>	<p>Breakfast Overnight oats with fruit and wholegrain toasts</p>	<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>	<p>Breakfast Overnight oats with fruit and wholegrain toasts</p>	<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>
<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>
<p>Lunch Gk YYh'dchUhc / 'VYUb' WX']'k]h 'Vfck b 'f]VW'' G]XY 'cZgk YYhV&fb'</p>	<p>Lunch - First Course Pitta bread & pepper sticks <i>Allergens: dairy, milk, wheat, gluten, soya</i></p>	<p>Lunch White fish in tomato sauce with mashed potato. Side of peas & carrots <i>Allergens: fish, sulphates, dairy, milk</i></p>	<p>Lunch - First Course Cheese scones with pear <i>Allergens: dairy, milk, wheat, gluten</i></p>	<p>Lunch Cheesy pasta with salmon. Side of tomato salad <i>Allergens: fish, sulphates, dairy, milk, wheat, gluten, possible egg</i></p>
<p>Pudding DYUWXYg</p>	<p>Lunch Beef Bolognese sauce with potato wedges. Side of courgettes <i>Allergens: celery</i></p>	<p>Pudding Satsumas</p>	<p>Lunch - Main Course Chicken & aubergine curry with chapatis & rice. Side of cauliflower <i>Allergens: celery, dairy, milk, wheat, gluten</i></p>	<p>Pudding Baked cinnamon apples <i>Allergens: dairy, milk</i></p>
<p>Tea - First Course Crackers, cucumber sticks & hummus <i>Allergens: wheat, sesame</i></p>	<p>Tea Curried potato, spinach & lentil wholemeal wraps. Side of cherry tomatoes <i>Allergens: wheat, gluten</i></p>	<p>Tea - First Course Oatcakes with peaches <i>Allergens: dairy, milk</i></p>	<p>Tea BBQ baked beans with jacket potato. Side of cucumber <i>Allergens: celery</i></p>	<p>Tea - First Course Matzo cream crackers with cheese <i>Allergens: wheat, gluten, milk, dairy</i></p>
<p>Tea - Main Course Summer plate of the month (mixed bean salad, roasted pepper & warm wholemeal pitta)</p>	<p>Pudding Lemon rice pudding with mango <i>Allergens: dairy, milk</i></p>	<p>Tea - Main Course Bean & cheese pitta pizzas. Side of green salad <i>Allergens: wheat, gluten, dairy, milk, soya</i></p>	<p>Pudding Rainbow yoghurt bowl <i>Allergens: dairy, milk</i></p>	<p>Tea - Main Course Chicken & pepper fajitas with wholemeal wraps. Side of avocado <i>Allergens: wheat, gluten</i></p>



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Week 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>	<p>Breakfast Overnight oats with fruit and wholegrain toasts</p>	<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>	<p>Breakfast Overnight oats with fruit and wholegrain toasts</p>	<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>
<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>
<p>Lunch First Course Breadsticks with beetroot dip <i>Allergens: dairy, milk</i></p>	<p>Lunch - First Course Cheese & apple <i>Allergens: dairy, milk</i></p>	<p>Lunch Mild chilli beef bowl with potato wedges. Side of carrots</p>	<p>Lunch - First Course Rice cakes with cream cheese <i>Allergens: dairy, milk</i></p>	<p>Lunch Bean & vegetable cottage pie with mashed potato topping. Side of peas <i>Allergens: celery, dairy, milk</i></p>
<p>Lunch - Main Course Chickpea & vegetable biryani with yoghurt. Side of broccoli <i>Allergens: dairy, milk</i></p>	<p>Lunch - Main Course Red lentil pasta with roasted vegetable tomato sauce & cheese. Side of green beans <i>Allergens: celery, dairy, milk, possible egg</i></p>	<p>Pudding Banana & coconut yoghurt bowl <i>Allergens: dairy, milk</i></p>	<p>Lunch - Main Course Chicken, tomato and bean stew (Spanish style) with wholemeal bread. Side of mixed vegetables <i>Allergens: wheat, gluten</i></p>	<p>Pudding Pear</p>
<p>Tea Turkey koftas in tomato sauce with flatbread. Side of mixed vegetables <i>Allergens: wheat, gluten</i></p>	<p>Tea Chicken sandwich <i>Allergens: wheat, gluten</i></p>	<p>Tea - First Course Corn cakes with pepper sticks <i>Allergens: dairy, milk</i></p>	<p>Tea Baked potato with Mackerel filling. Side of sweetcorn <i>Allergens: fish, sulphates, dairy, milk</i></p>	<p>Tea - Main Course Grazing platter - a selection of breadsticks, toast fingers, oatcakes & rice cakes served with cream cheese & hummus. Side of salad vegetables <i>Allergens: oats, wheat, gluten, milk, dairy, sesame</i></p>
<p>Pudding Fruit cheesecake bites <i>Allergens: dairy, milk, oats</i></p>	<p>Pudding Peach & apple crumble <i>Allergens: wheat, gluten, milk, dairy, oats</i></p>	<p>Tea - Main Course Vegetable, lentil & pasta soup with bread. Side of corn on the cob <i>Allergens: celery, wheat, gluten, possible egg</i></p>	<p>Pudding Traffic light fruit salad</p>	<p>Pudding Grapes</p>



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Week 3



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<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>	<p>Breakfast Overnight oats with fruit and wholegrain toasts</p>	<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>	<p>Breakfast Overnight oats with fruit and wholegrain toasts</p>	<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>
<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>	<p>Snack AM Fruit Platter</p>
<p>Lunch White fish & vegetable curry with rice. Side of broccoli <i>Allergens: fish</i></p>	<p>Lunch - First Course Carrot hummus & breadsticks <i>Allergens: sesame</i></p>	<p>Lunch Turkey & mushroom stroganoff with rice. Side of pepper sticks <i>Allergens: celery, wheat, gluten, dairy, milk</i></p>	<p>Lunch - First Course Oatcakes with cream cheese <i>Allergens: dairy, milk, oats</i></p>	<p>Lunch Moroccan chickpea & apricot stew with flatbread. Side of beetroot <i>Allergens: wheat, gluten</i></p>
<p>Pudding Baked cinnamon apples <i>Allergens: dairy, milk</i></p>	<p>Lunch - Main Course Chicken & leek potato-topped pie. Side of carrots <i>Allergens: celery, wheat, gluten, dairy, milk</i></p>	<p>Pudding Mandarin orange segments</p>	<p>Lunch Beef lasagne. Side of mixed vegetables <i>Allergens: celery, wheat, gluten, dairy, milk, possible egg</i></p>	<p>Pudding Build your own fruit & yoghurt bar <i>Allergens: dairy, milk</i></p>
<p>Tea - First Course Cheese and herb scones with fruit <i>Allergens: wheat, gluten, milk, dairy</i></p>	<p>Tea Picky bits tea - hummus, bread roll, cheese, apple & carrot. Side of cucumber <i>Allergens: wheat, gluten, milk, dairy, soya, sesame</i></p>	<p>Tea - First Course Breadsticks with cottage cheese <i>Allergens: dairy, milk, sesame</i></p>	<p>Tea Sweet potato & black bean hash. Side of sweetcorn & avocado</p>	<p>Tea - First Course Rice cakes & beetroot <i>Allergens: milk, dairy, soya, sesame</i></p>
<p>Tea - Main Course Lemon & pea penne pasta. Side of green beans <i>Allergens: wheat, gluten, milk, dairy, possible egg</i></p>	<p>Pudding Pear</p>	<p>Tea Summer plate of the month (mixed bean salad, roasted pepper & warm wholemeal pitta) <i>Allergens: wheat, gluten, sulphates, dairy, milk, soya</i></p>	<p>Pudding Peaches</p>	<p>Tea - Main Course Jacket potato with tuna & yoghurt. Side of pepper sticks <i>Allergens: fish, sulphates, dairy, milk</i></p>



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Week 4



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<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>	<p>Breakfast Overnight oats with fruit and wholegrain toasts</p>	<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>	<p>Breakfast Overnight oats with fruit and wholegrain toasts</p>	<p>Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts</p>
<p>Snack AM Fresh Fruit Platter</p>	<p>Snack AM Fresh Fruit Platter</p>	<p>Snack AM Fresh Fruit Platter</p>	<p>Snack AM Fresh Fruit Platter</p>	<p>Snack AM Fresh Fruit Platter</p>
<p>Lunch - First Course Hummus & pepper sticks <i>Allergens: sesame</i></p>	<p>Lunch Fish pie. Side of green beans <i>Allergens: fish, wheat, gluten, dairy, milk</i></p>	<p>Lunch - First Course Corn cakes & cucumber sticks <i>Allergens: dairy, milk</i></p>	<p>Lunch Chicken lollipops with vegetable ratatouille and rice. Side of broccoli <i>Allergens: celery, sulphates</i></p>	<p>Lunch - First Course Oatcakes & tomatoes <i>Allergens: dairy, milk, oats</i></p>
<p>Lunch - Main Course Spinach & lentil dahl with rice. Side of mixed vegetables</p>	<p>Pudding Fruit & yoghurt <i>Allergens: milk, dairy</i></p>	<p>Lunch Veggie & bean quesadillas. Side of sweet potato wedges <i>Allergens: wheat, gluten, dairy, milk</i></p>	<p>Pudding Mandarin orange segments</p>	<p>Lunch - Main Course Lamb ragu with wholewheat penne pasta. Side of peas <i>Allergens: celery, wheat, gluten, possible eggs</i></p>
<p>Tea Veggie sausage traybake with potato wedges. Side of green asparagus <i>Allergens: wheat, gluten, barley, soya, egg, celery</i></p>	<p>Tea - First Course Rice cakes with cucumber <i>Allergens: dairy, milk, soya, sesame</i></p>	<p>Tea Homemade herby baked beans on toast. Side of green beans <i>Allergens: celery, wheat, gluten</i></p>	<p>Tea - First Course Roasted red pepper houmous with pitta bread <i>Allergens: wheat, gluten, dairy, milk, sesame, soya</i></p>	<p>Tea Salmon & cream cheese wholemeal rolls. Side of tomato & carrot salad <i>Allergens: fish, wheat, gluten, dairy, milk, soya</i></p>
<p>Pudding Summer fruits & apple crumble with yoghurt <i>Allergens: wheat, gluten, dairy, milk</i></p>	<p>Tea - Main Course Super green pasta. Side of sweetcorn <i>Allergens: wheat, gluten, milk, dairy, possible egg</i></p>	<p>Pudding Pear</p>	<p>Tea - Main Course Tuna & tomato pasta bake. Side of mixed vegetables <i>Allergens: fish, wheat, gluten, dairy, milk, possible egg</i></p>	<p>Pudding Fruit & plain yoghurt</p>