



MENU

week 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
SELECTION OF CEREALS (gluten)	PORRIDGE (gluten)	TOAST (gluten)	RICE CAKES	MILK AND WATER (dairy)
LUNCH				
Quorn Spaghetti Bolognaise & Seasonal Vegetables (V) (soya, gluten, eggs)	Stewed Chicken with Jamaican Inspired 'Rice & Peas' (gluten)	Baked Jacket Potato & Tuna Sweetcorn Mix (fish)	Cous-Cous with Herb-Marinated Chicken (gluten)	Crispy Fish Fingers & Chips & Beans (fish)
Homemade Apple Crumble & Custard (dairy, gluten, eggs)	Mixed Vegetable Rice (V) (gluten)	Baked Jacket Potato & Sweetcorn and Cheese Mix (V) (dairy)	Seasonal Vegetable Cous-Cous with Mixed Vegetables (V) (gluten)	Cheesy Chips and Beans (dairy) (V)
Stewed Fruit & Custard (B) (dairy, eggs)	Yoghurt (dairy) & Fresh Fruit	Mashed Potatoes & Tuna Sweetcorn Mix (B) (dairy, fish)	Homemade Sponge Cake & Custard (dairy, eggs, gluten)	White Fish, Mixed Vegetables & Potato Pie (B) (fish)
		Ice Cream (dairy) & Fresh Fruit (B)		Homemade Rice Pudding (dairy, gluten)
TEA				
Carrot & Celery Batons (celery) with Hummus & Cream Cheese Dip (dairy) and Brown Bread Finger Slices (gluten)	Golden Oat Flapjacks	Homemade Pizza Slices (gluten)	Assorted Sandwiches (Sardine Pâté, Cheese Spread, Butter) (fish, dairy & gluten)	Soft Wraps with Grated Cheese and Salad (dairy, gluten)
Fresh Orange Segments & Raisins	Seasonal Fresh Fruit	Salad	Tropical Fruit Medley	Apple Slices & Banana Rounds
Hummus with Rice Cakes and Orange Slices (B)	Roasted Sweet Peppers and Butternut Squash (B)	Fresh Seasonal Fruit	Garden Pea Risotto (gluten) and Stewed Pear or Fruit Compote (B)	Sweet Potato Stew (B)
	Fruit Salad (B)	Warm Apple and Pear Oatmeal (B) (gluten, dairy)		Raisins & Fresh Fruit (B)

PLEASE NOTE: Children can help themselves to water throughout the day. Menus will vary from time to time.

V - Vegetarian, B - Babies. If your child has any special dietary needs please let us know



MENU

week 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
SELECTION OF CEREALS (gluten)	PORRIDGE (gluten)	TOAST (gluten)	RICE CAKES	MILK AND WATER (dairy)
LUNCH				
Peking-Style Mixed Vegetable and Red Pepper Stir-Fry (gluten) (V) Spiced Apple & Raisin Bake with Custard (dairy, gluten) Stewed Apple & Raisin Compote (B)	Shepherd's Pie with Garden Peas (V) (soya) Greek Yoghurt with Stewed Pears (dairy)	Caribbean-Style Curried Chicken with Vegetable Rice (gluten) Mixed Vegetable Pilaf (V) (gluten) Fruit Salad with Wobbly Jelly	Fisherman's Pie with Steamed Green Beans (fish, dairy) Cheesy Mashed Potatoes with Green Beans (V) (dairy) Carrot Cake with Custard (dairy, eggs, gluten)	Vegetable Sausages with Baked Beans & Chips (V) Mashed Potato, Cabbage and Tuna (B) Creamy Rice Pudding with Varied Toppings (e.g. cinnamon, stewed fruits, tropical twist) (dairy, gluten)
TEA				
Selection of sandwiches (Homemade Fish Pate, Cheese, Jam) (fish, dairy, gluten) Rice Cake with Pear & Orange Segments Bread Fingers with Homemade Fish Pâté or Butter and Stewed Pears (fish, dairy, gluten) (B)	Homemade Fluffy Pancakes (dairy, eggs) Fresh Orange & Banana Slices Chickpea and Mixed Vegetable Risotto (B) (gluten) Mandarin and Banana (B)	Homemade Pizza Slices and Salad (gluten) Fresh Seasonal Fruit Warm Peach and Banana Oatmeal with Orange Wedges (B)	Assorted Crackers with Spreads (gluten) Orange & Apple Wedges Pea & Carrot Risotto (B) (gluten) Stewed Pear (B)	Garlic Bread with Cheese, Cucumber & Tomato (dairy, gluten) Sweet Potato & Butternut Squash Bake (B) Seasonal Fruit Salad

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MENU

week 3

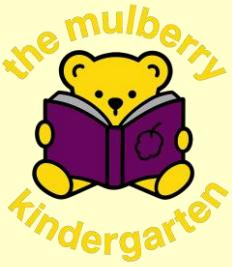


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
SELECTION OF CEREALS (gluten)	PORRIDGE (gluten)	TOAST (gluten)	RICE CAKES	MILK AND WATER (dairy)
LUNCH				
Baked Pasta with Mixed Vegetables (V) (eggs, gluten) Homemade Creamy Rice Pudding (dairy, gluten)	Sweet & Sour Chicken with Seasoned Rice (gluten) Vegetable Mixed Rice with Gravy (gluten) (V) Homemade Cake with Custard (dairy, gluten, eggs)	Cauliflower Cheese Bake with Herby Potato Wedges (V) (dairy) Fresh Seasonal Fruit Salad	Traditional Fish Pie (fish, dairy) Mediterranean Cheese & Vegetable Pie (V) (gluten, dairy) Fruit Salad (B) Jelly & Ice Cream (dairy)	Jacket Potato & Beans & Cheese (V) (dairy) Vegetable Curry and Cous-Cous (B) Yoghurt & Fresh Fruit (dairy)
TEA				
Assorted Sandwiches (Homemade Fish Pâté, Cheese, Jam) (gluten, dairy, fish) Pears, Oranges & Raisins Brown Bread Fingers with Fish Pâté or Butter Stewed Pears (B) (fish)	Homemade Golden Flapjacks Fresh Fruit Apple Oatmeal & Fresh Fruit (B)	Cream Crackers, Butter, Jam (gluten) Celery, Carrot Sticks and Pears Hearty Lentil Stew (B) Bananas (B)	Mini Pitta Breads & Humus & Cheese Dip (dairy) Sliced Apples & Pears Italian Vegetable Risotto & Fresh Fruit (gluten) (B)	Homemade Pizza Slices and Salad (gluten) Raisins & Bananas Sicilian Vermicelli Cook Down with Vegetables (gluten) (B) Fresh Fruit (B)

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MENU

week 4



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
SELECTION OF CEREALS (gluten)	PORRIDGE (gluten)	TOAST (gluten)	RICE CAKES	MILK AND WATER (dairy)
LUNCH				
Classic Lasagne (V) (soya) Carrots & Peas Warm Fruit Cobbler with Custard (gluten, dairy)	Cous-Cous & Moroccan- Spiced Chicken (gluten) Cous-Cous & Mixed Vegetables (V) (gluten) Fresh Fruit Salad	Vegetable Noodle Soup (V) (gluten, eggs) Brown Buttered Bread (gluten, dairy) Apple Crumble & Custard (gluten, dairy)	Traditional Roast Chicken, Potato & Cabbage & Gravy Roast Potato & Cabbage & Gravy (V) Rice Pudding (gluten, dairy)	Crispy Battered Fish Fingers, Potato Wedges & Beans (gluten, dairy) Potato Wedges & Beans & Cheese (V) (dairy) Yoghurt (dairy)
TEA				
Homemade Fluffy Pancakes (gluten) Oranges & Bananas Homemade Pancakes & Bananas and Oranges (gluten) (B)	Selection of Assorted Sandwiches (Homemade Fish Paste, Cheese, Jam) (fish, dairy) Pears & Oranges & Raisins Potato & Pea Bake and Stewed Pears (B)	Homemade Pizza Slices (dairy, gluten) Carrot & Cucumber Sticks Apples & Raisins Stewed Apples & Raisins (B)	Vegetable Sticks with Cheese & Tomato Salsa (dairy) Brown Bread Finger Slices (gluten) Orange & Apple Slices Carrot & Sweet Potato Crush (B)	Cheesy Garlic Bread (dairy, gluten) Cucumber & Tomato Fresh Fruit Bread Fingers with Cheese and Fruit Salad (B) (gluten, dairy)

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