



# 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 Bolognese & Seasonal Vegetables (V) (soya, gluten, eggs)  Homemade Apple Crumble & Custard (dairy, gluten, eggs)  Stewed Fruit & Custard (B) (dairy, eggs)	Stewed Chicken with Jamaican Inspired 'Rice & Peas' (gluten)  Mixed Vegetable Rice (V) (gluten)  Yoghurt (dairy) & Fresh Fruit	Baked Jacket Potato & Tuna Sweetcorn Mix (fish)  Baked Jacket Potato & Sweetcorn and Cheese Mix (V) (dairy)  Mashed Potatoes & Tuna Sweetcorn Mix (B) (dairy, fish)  Ice Cream (dairy) & Fresh Fruit (B)	Cous-Cous with Herb-Marinated Chicken (gluten)  Seasonal Vegetable Cous-Cous with Mixed Vegetables (V) (gluten)  Homemade Sponge Cake & Custard (dairy, eggs, gluten)	Crispy Fish Fingers & Chips & Beans (fish)  Cheesy Chips and Beans (dairy) (V)  White Fish, Mixed Vegetables & Potato Pie (B) (fish)  Homemade Rice Pudding (dairy, gluten)
TEA				
Carrot & Celery Batons (celery) with Hummus & Cream Cheese Dip (dairy) and Brown Bread Finger Slices (gluten)  Fresh Orange Segments & Raisins  Hummus with Rice Cakes and Orange Slices (B)	Golden Oat Flapjacks  Seasonal Fresh Fruit  Roasted Sweet Peppers and Butternut Squash (B)  Fruit Salad (B)	Homemade Pizza Slices (gluten)  Salad  Fresh Seasonal Fruit  Warm Apple and Pear Oatmeal (B) (gluten, dairy)	Assorted Sandwiches (Sardine Pâté, Cheese Spread, Butter) (fish, dairy & gluten)  Tropical Fruit Medley  Garden Pea Risotto (gluten) and Stewed Pear or Fruit Compote (B)	Soft Wraps with Grated Cheese and Salad (dairy, gluten)  Apple Slices & Banana Rounds  Sweet Potato Stew (B)  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				
<p>Peking-Style Mixed Vegetable and Red Pepper Stir-Fry (gluten) (V)</p> <p>Spiced Apple &amp; Raisin Bake with Custard (dairy, gluten)</p> <p>Stewed Apple &amp; Raisin Compote (B)</p>	<p>Shepherd's Pie with Garden Peas (V) (soya)</p> <p>Greek Yoghurt with Stewed Pears (dairy)</p>	<p>Caribbean-Style Curried Chicken with Vegetable Rice (gluten)</p> <p>Mixed Vegetable Pilaf (V) (gluten)</p> <p>Fruit Salad with Wobbly Jelly</p>	<p>Fisherman's Pie with Steamed Green Beans (fish, dairy)</p> <p>Cheesy Mashed Potatoes with Green Beans (V) (dairy)</p> <p>Carrot Cake with Custard (dairy, eggs, gluten)</p>	<p>Vegetable Sausages with Baked Beans &amp; Chips (V)</p> <p>Mashed Potato, Cabbage and Tuna (B)</p> <p>Creamy Rice Pudding with Varied Toppings (e.g. cinnamon, stewed fruits, tropical twist) (dairy, gluten)</p>
TEA				
<p>Selection of sandwiches (Homemade Fish Pate, Cheese, Jam) (fish, dairy, gluten)</p> <p>Rice Cake with Pear &amp; Orange Segments</p> <p>Bread Fingers with Homemade Fish Pâté or Butter and Stewed Pears (fish, dairy, gluten) (B)</p>	<p>Homemade Fluffy Pancakes (dairy, eggs)</p> <p>Fresh Orange &amp; Banana Slices</p> <p>Chickpea and Mixed Vegetable Risotto (B) (gluten)</p> <p>Mandarin and Banana (B)</p>	<p>Homemade Pizza Slices and Salad (gluten)</p> <p>Fresh Seasonal Fruit</p> <p>Warm Peach and Banana Oatmeal with Orange Wedges (B)</p>	<p>Assorted Crackers with Spreads (gluten)</p> <p>Orange &amp; Apple Wedges</p> <p>Pea &amp; Carrot Risotto (B) (gluten)</p> <p>Stewed Pear (B)</p>	<p>Garlic Bread with Cheese, Cucumber &amp; Tomato (dairy, gluten)</p> <p>Sweet Potato &amp; Butternut Squash Bake (B)</p> <p>Seasonal Fruit Salad</p>

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