

Week 1 Menu:



Breakfast (Daily):

Selection of wholegrain cereals 🌾 (G), wholemeal toast 🍞 (G) and fresh fruit

Day:	Main Course:	Side Dish:	Dessert:	Tea:
Monday:	Homemade Chicken Nuggets 🌾 (G), egg 🍳 (E)	Potato wedges & peas	Fresh fruit or yoghurt (D) 🥛	Ham & cream cheese bagel 🌾 (G), 🥛 (D), with vegetable sticks
Tuesday:	Spaghetti Bolognese 🌾 (G)	Garlic bread 🌾 (G)	Rice pudding 🥛 (D)	Pasta 🌾 (G) with tomato & cucumber
Wednesday:	Fish Fingers 🐟 (F), 🌾 (G)	Creamy mashed potato 🥛 (D) & peas	Banana bread bun 🌾 (G) 🍳 (E)	Scrambled egg 🍳 (E) on toast 🌾 (G)
Thursday:	Chicken & Vegetable Rice	Broccoli	Fresh fruit salad	Sausage rolls 🌾 (G) with salad
Friday:	Mini Margherita Pizza 🌾 (G), 🥛 (D)	Cucumber & carrot sticks	Fruit flapjack 🌾 (G)	Vegetable soup & bread roll 🌾 (G)

Snacks:

Children are offered two healthy snacks each day. These may include items such as fresh fruit, pancakes 🌾 🍳 with fruit, rice cakes with hummus 🥛, yoghurt and fruit 🥛, vegetable sticks with dips, crackers 🌾 with cream cheese 🥛, and wholemeal toast 🍞 with spreads.

Allergens:

🌾 Gluten | 🦀 Crustaceans | 🍳 Eggs | 🐟 Fish | 🥜 Peanuts | 🌱 Soybeans | 🥛 Dairy | 🌰 Nuts | 🌿 Celery | 🌻 Mustard | 🍷 Sesame | 🍇 Sulphites | 🌸 Lupin | 🐌 Molluscs

Week 2 Menu:



Breakfast (Daily):

Selection of wholegrain cereals 🌾 (G), wholemeal toast 🍞 (G) and fresh fruit

Day:	Main Course:	Side Dish:	Dessert:	Tea:
Monday:	Cheese 🥛 (D) and tomato pinwheels 🌾 (G) and wedges	Mixed salad	Fresh fruit or yoghurt 🥛 (D)	Jacket potato, tuna 🐟 (F), and cheese 🥛 (D) crackers with vegetable sticks
Tuesday:	Chicken pasta bake 🌾 (G), 🥛 (D)	Garlic bread 🌾 (G)	Fruit flapjack 🌾 (G)	Egg 🥚 (E) mayonnaise sandwiches 🌾 (G) with cucumber
Wednesday:	Veggie fingers and wedges 🌾 (G)	Peas & sweetcorn	Jelly	Beans on toast 🌾 (G)
Thursday:	Mild vegetable curry 🥛 (D)	Rice	Yoghurt 🥛 (D)	Ham and cheese 🥛 (D) wraps 🌾 (G)
Friday:	Roast chicken	Roast potatoes & vegetables	Banana bread bun 🌾 (G), 🥚 (E)	Sausage rolls 🌾 (G) with spaghetti hoops

Snacks:

Children are offered two healthy snacks each day. These may include items such as fresh fruit, pancakes 🌾 🥚 with fruit, rice cakes with hummus 🥚, yoghurt and fruit 🥛, vegetable sticks with dips, crackers 🌾 with cream cheese 🥛, and wholemeal toast 🍞 with spreads.

Allergens:

🌾 Gluten | 🦀 Crustaceans | 🥚 Eggs | 🐟 Fish | 🥜 Peanuts | 🌱 Soybeans | 🥛 Dairy | 🌰 Nuts | 🌿 Celery | 🌻 Mustard | 🌿 Sesame | 🍇 Sulphites | 🌸 Lupin | 🐌 Molluscs