

Seasonal Menu - Week 1

Monday

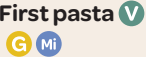
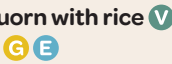
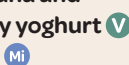
Tuesday

Wednesday

Thursday

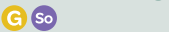
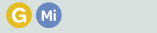
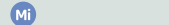
Friday

Breakfast: We serve a range of breakfast options every day including cereals, toast and porridge.

Lunch	Main	Family First pasta 	Spanish chicken with rice 	Three bean chilli with couscous 	Tuna pasta bake 	Lamb moussaka 
	Vegetarian Option		Spanish Quorn with rice 		Vegetable pasta 	Vegetable moussaka 
	Starter or 2nd Course	Garlic pitta fingers 	Banana and raspberry yoghurt 	Melon medley 	Fruit oaty slice 	Hummus dip with flatbread 

All lunches and teas: served with a side of mixed vegetables or salad. Yoghurt and fruit are available after tea.

Snacks: a selection of rolling snacks is provided. These consist of a choice of fresh fruits, crudité's, cream cheese and crackers and breadsticks, and more.

Tea	Tea	Fish finger wraps 	Pesto pinwheels 	Vegetable soup with roll 	Jacket potato station with tuna mayonnaise 	Cream cheese and cucumber sandwiches 
	Vegetarian Option	Veggie finger wraps 			Jacket potato station with fruity cheese and baked beans 	

Weaning: our chefs will cater for all weaning stages in line with our weaning menus and agreement forms.

Drinks: water and milk are available throughout the day.

 - Celery

 - Eggs

 - Gluten

 - Milk

 - Mustard

 - Soya

 - Vegetarian

 - Crustaceans

 - Fish

 - Lupin

 - Molluscs

 - Sesame

 - Sulphur dioxide

 WE AIM TO BE NUT/PEANUT FREE

Seasonal Menu - Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast: We serve a range of breakfast options every day including cereals, toast and porridge.

Lunch	Main	Fajita vegetable pasta 	Traditional roast 	Sweet potato curry and rice 	Spiced lamb tagine with lemon couscous 	Chicken and leek pie 
	Vegetarian Option		Quorn roast 		Spiced vegetable tagine with lemon couscous 	Vegetable pie 
	Starter or 2nd Course	Fruit smoothie 	Fresh fruit 	Naan Bread with yoghurt and cucumber dip 	Winter berry yoghurt 	Apricot slice 

All lunches and teas: served with a side of mixed vegetables or salad. Yoghurt and fruit are available after tea.

Snacks: a selection of rolling snacks is provided. These consist of a choice of fresh fruits, crudité's, cream cheese and crackers and breadsticks, and more.

Tea	Tea	Chicken and cucumber rolls 	Family First pizza 	Macaroni cheese 	Toast/Bread and butter with baked beans and cheese 	Cheese and onion pastry swirls 
	Vegetarian Option	Cheese and cucumber rolls 				

Weaning: our chefs will cater for all weaning stages in line with our weaning menus and agreement forms.

Drinks: water and milk are available throughout the day.

 - Celery

 - Eggs

 - Gluten

 - Milk

 - Mustard

 - Soya

 - Vegetarian

 - Crustaceans

 - Fish

 - Lupin

 - Molluscs

 - Sesame

 - Sulphur dioxide

 WE AIM TO BE NUT/PEANUT FREE

Seasonal Menu - Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast: We serve a range of breakfast options every day including cereals, toast and porridge.

Lunch	Main	Vegetable curry with rice V G Mu	Chicken lasagne G Mi	Fish cakes, roasted baby potatoes G F	Cottage pie G Mi C F	Mexican spiced chicken with bulgur wheat G
	Vegetarian Option		Vegetable lasagne V G Mi	Veggie fingers, roasted baby potatoes V G	Vegetable pie V G Mi C	Mexican spiced butternut squash with bulgur wheat V G
	Starter or 2nd Course	Mango and pineapple yoghurt V Mi	Garlic bread V G Mi	Warm baked cinnamon apple and yoghurt V Mi	Banana and blueberry loaf V G Mi E	Paprika triangles with avocado dip V G Mi

All lunches and teas: served with a side of mixed vegetables or salad. Yoghurt and fruit are available after tea.

Snacks: a selection of rolling snacks is provided. These consist of a choice of fresh fruits, crudité's, cream cheese and crackers and breadsticks, and more.

Tea	Tea	Soft beef chilli wraps served with avocado dip G Mi	Ploughman's tea V G Mi Se E	Vegetable rigatoni pasta V G Mi	Cheese and herb crumpets V G Mi So	Tomato and basil soup with cheese roll V G Mi C So
	Vegetarian Option	Soft three bean chilli wraps served with avocado dip V G Mi				

Weaning: our chefs will cater for all weaning stages in line with our weaning menus and agreement forms.

Drinks: water and milk are available throughout the day.

C - Celery

E - Eggs

G - Gluten

Mi - Milk

Mu - Mustard

So - Soya

V - Vegetarian

Cr - Crustaceans

F - Fish

L - Lupin

Mo - Molluscs

Se - Sesame

Su - Sulphur dioxide

WE AIM TO BE NUT/PEANUT FREE