



Food Menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Mid-morning snack</u>				
A selection of: cherry tomatoes, cucumber sticks, carrot batons, raisins, apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries or mangoes served with breadsticks <i>Contains: wheat (Wheat free bread sticks provided)</i>				
<u>Dinner</u> Chicken in a tomato and pepper herb sauce with cous cous and sweetcorn <i>Contains: wheat</i>	<u>Dinner</u> Pasta in a creamy mushroom sauce with garlic bread and broccoli <i>Contains: wheat, milk</i>	<u>Dinner</u> Gammon with roast potatoes, cauliflower cheese and cabbage	<u>Dinner</u> Breaded fish with mashed potatoes and mixed vegetables <i>Contains: wheat, milk</i>	<u>Dinner</u> Turkey meatballs with rice and peas
<u>Dietary requirements</u> Quorn chicken with cous cous <i>Contains: eggs</i>	<u>Dietary requirements</u>	<u>Dietary requirements</u> Quorn meat <i>Contains: eggs</i>	<u>Dietary requirements</u> Vegetable fingers <i>Contains: wheat, soya</i>	<u>Dietary requirements</u> Quorn meatballs <i>Contains: wheat, egg, barley</i>
<u>Pudding</u> Fruit yoghurts <i>Contains: milk</i>	<u>Pudding</u> Pear & apricot crumble with low sugar custard <i>Contains: eggs, wheat, milk</i>	<u>Pudding</u> Rice pudding <i>Contains: milk</i>	<u>Pudding</u> Marble sponge with low sugar custard <i>Contains: egg, wheat, milk</i>	<u>Pudding</u> Flapjacks <i>Contains: oats</i>
<u>Tea</u> Selection of sandwiches <i>Contains: wheat; may contain: egg, fish, milk</i>	<u>Tea</u> Homemade pizza <i>Contains: wheat, milk</i>	<u>Tea</u> Vegetable soup with bagels <i>Contains: wheat, celery</i>	<u>Tea</u> Crackers with cheese and vegetable sticks <i>Contains: wheat, milk</i>	<u>Tea</u> Baked potato with beans and cheese <i>Contains: milk</i>
<u>Dietary requirements</u> For dietary requirements, an alternative will be provided				
<u>Pudding</u> Fruit platter (a selection of: apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries, mangoes)				

NOTE: Food menu may be subject to change without prior notice.

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Mid-morning snack</u>				
A selection of: cherry tomatoes, cucumber sticks, carrot batons, raisins, apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries or mangoes served with breadsticks <i>Contains: wheat (Wheat free bread sticks provided)</i>				
<u>Dinner</u> Sweet and sour chicken noodles with mixed vegetables <i>Contains: wheat</i>	<u>Dinner</u> Shepherd's pie with carrots and broccoli	<u>Dinner</u> Chicken sausages with potato wedges and peas <i>Contains: wheat, sulphites</i>	<u>Dinner</u> Barbeque chicken with rice and green beans <i>Contains: wheat</i>	<u>Dinner</u> Fish crumble with new potatoes and sweetcorn <i>Contains: wheat, fish, milk</i>
<u>Dietary requirements</u> Quorn chicken with noodles <i>Contains: eggs</i>	<u>Dietary requirements</u> Quorn mince <i>Contains: egg</i>	<u>Dietary requirements</u> Meat free sausages <i>Contains: eggs, soya, wheat</i>	<u>Dietary requirements</u> Meat free "chicken" <i>Contains: eggs, soya, wheat</i>	<u>Dietary requirements</u> Vegetable crumble <i>Contains: wheat,, milk</i>
<u>Pudding</u> Jam sponge with low sugar custard <i>Contains: eggs, wheat, milk</i>	<u>Pudding</u> Strawberry mousse <i>Contains: milk</i>	<u>Pudding</u> Fruit yoghurts <i>Contains: milk</i>	<u>Pudding</u> Sultana shortbread <i>Contains: wheat, milk</i>	<u>Pudding</u> Chocolate sponge with chocolate sauce <i>Contains: egg, wheat, milk</i>
<u>Tea</u> Selection of wraps <i>Contains: wheat; may contain: egg, fish, milk</i>	<u>Tea</u> Cream cheese bagels with vegetable sticks <i>Contains: wheat, milk</i>	<u>Tea</u> Tuna, sweetcorn and pasta bake <i>Contains: fish, wheat, milk</i>	<u>Tea</u> Baguettes with a selection of fillings <i>Contains: wheat; may contain: egg, fish, milk</i>	<u>Tea</u> Hummus with pitta bread & vegetable sticks <i>Contains: milk, wheat</i>
<u>Dietary requirements</u> For dietary requirements, an alternative will be provided				
<u>Pudding</u> Fruit platter (a selection of: apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries, mangoes)				



Food Menu

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Mid-morning snack</u>				
A selection of: cherry tomatoes, cucumber sticks, carrot batons, raisins, apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries or mangoes served with breadsticks <i>Contains: wheat (Wheat free bread sticks provided)</i>				
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Chicken curry with rice and naan bread <i>Contains: wheat</i>	Lamb mince pie with mashed potatoes and broccoli <i>Contains: wheat, milk</i>	Salmon and broccoli bake with green beans <i>Contains: fish</i>	Roast chicken with stuffing, roast potatoes, cabbages and carrots <i>Contains: wheat, milk</i>	Mexican chicken with cous cous and mixed vegetables
<u>Dietary requirements</u>	<u>Dietary requirements</u>	<u>Dietary requirements</u>	<u>Dietary requirements</u>	<u>Dietary requirements</u>
Meat free "chicken" <i>Contains: eggs, soya, wheat</i>	Quorn mince <i>Contains: egg</i>	Vegetable pasta bake <i>Contains: wheat</i>	Falafels <i>Contains: wheat, sulphites</i>	Quorn chicken <i>Contains: eggs</i>
<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>
Apple & peach crumble with low sugar custard <i>Contains: wheat, egg, milk</i>	Fruit jelly	Pineapple sponge with low sugar custard <i>Contains: egg, wheat, milk</i>	Fruit yoghurts <i>Contains: milk</i>	Muffins <i>Contains: eggs, wheat, milk</i>
<u>Tea</u>	<u>Tea</u>	<u>Tea</u>	<u>Tea</u>	<u>Tea</u>
Tomato & vegetable pasta <i>Contains: wheat, milk</i>	Crumpets with baked beans and cheese <i>Contains: wheat, milk, soya</i>	Selection of sandwiches <i>Contains: wheat; may contain: egg, fish, milk</i>	Tomato pasta soup with bread and butter <i>Contains: milk, wheat</i>	Homemade pizza <i>Contains: wheat, milk</i>
<u>Dietary requirements</u> For dietary requirements, an alternative will be provided				
<u>Pudding</u>				
Fruit platter (a selection of: apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries, mangoes)				

NOTE: Food menu may be subject to change without prior notice.



Food Menu

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Mid-morning snack</u>				
A selection of: cherry tomatoes, cucumber sticks, carrot batons, raisins, apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries or mangoes with breadsticks <i>Contains: wheat (Wheat free bread sticks provided)</i>				
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Chicken casserole with new potatoes and green beans	Fish pie with peas and sweetcorn <i>Contains: fish, wheat</i>	Beef hot pot with broccoli & cauliflower <i>Contains: wheat</i>	Macaroni cheese with mixed vegetables <i>Contains: wheat, milk</i>	Chicken fajitas with sweet potato wedges and peas <i>Contains: wheat</i>
<u>Dietary requirements</u>	<u>Dietary requirements</u>	<u>Dietary requirements</u>	<u>Dietary requirements</u>	<u>Dietary requirements</u>
Quorn chicken <i>Contains: eggs</i>	Vegetable patties <i>Contains: eggs, soya, wheat</i>	Quorn mince <i>Contains: egg</i>		Quorn chicken <i>Contains: eggs</i>
<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>
Peaches with ice cream <i>Contains: milk</i>	Lemon tart with custard <i>Contains: wheat, milk</i>	Brownies <i>Contains: wheat, egg, milk</i>	Ginger sponge with vanilla sauce <i>Contains: wheat, milk</i>	Shortbread <i>Contains: milk, wheat</i>
<u>Tea</u>	<u>Tea</u>	<u>Tea</u>	<u>Tea</u>	<u>Tea</u>
Vegetable ravioli with pitta bread <i>Contains: wheat, milk</i>	Baked beans on toasted bagels <i>Contains: wheat</i>	Selection of wraps <i>Contains: wheat; may contain: egg, fish, milk</i>	Jacket potato with tuna & cheese <i>Contains: fish, milk</i>	Jacket potato with cheese and baked beans <i>Contains: milk</i>
<u>Dietary requirements</u> For dietary requirements, an alternative will be provided				
<u>Pudding</u>				
Fruit platter (a selection of: apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries, mangoes)				