

## Menu: Week One

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Warm Crumpets (M, G) Porridge (G, M)	Hot Buttered Toast (M, G) Porridge (G, M)	Fruit Loaf (M, G) Porridge (G, M)	Hot Buttered Toast (M, G) Porridge (G, M)	Hot Buttered Toast (M, G) Porridge (G, M)
<b>Lunch</b>	Homemade Beef/Quorn and onion Pie, creamed mashed potatoes served with peas and carrots (G, M, E, S) Fromage Frais (M)	Cod fish pie topped with parsnip mash, sweetcorn, broccoli and cauliflower (F, G, M)  Ice-cream and strawberry sauce (M)	Chicken Jambalaya (sweet pepper sauce seasoned with Cajun) served with rice (G)  Bananas and custard (M)	Beef or Quorn Fusilli Bolognaise (G)  Fromage Frais (M)	Patatas Bravas (tomato, lentil and paprika sauce) served with crispy potatoes (G)  Apple sponge cake (M, E, G)
<b>Afternoon Snack</b>	Soft Cheese and breadsticks (G, M)	Banana and raisins	Vegetable sticks (chips) with sour cream and chive dip (M)	Banana loaf (M, G)	Breadsticks and raisins (G)
<b>Tea</b>	Cheese/Ham toasties (G, M)  Assortment of fruit	Grazing Platter served with a medley of sandwiches, vegetables and dips Buttered Malt loaf (M, G)	Cheese orzo with peas (M, G)  Raisin and Cherry Flapjack (M, G)	Lentil and vegetable soup with bread and butter. (M, G)  Carrot cake (G, M, E)	Pizza Wraps (M, G)  Assortment of fresh fruit
<b>Baby's Tea</b>	Ratatouille (G)	Sausage casserole	Cheese orzo with peas (M, G)	Lentil and vegetable soup with bread and butter. (M, G)	Tomato orzo Pasta (M, G)

C=Celery M=Milk S= Soya E=Egg F=Fish G=Gluten V=Vegetarian \*Dairy Free Alternatives are always Available\*



## Menu: Week Two

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Crumpets (M, G) Porridge (G, M)	Hot Buttered Toast (M, G) Porridge (G, M)	Fruit Loaf (M, G) Porridge (G, M)	Hot Buttered Toast (M, G) Porridge (G, M)	Hot Buttered Toast (M, G) Porridge (G, M)
<b>Lunch</b>	Puff pastry whirls served with tomato five bean medley (M, G)  Assortment of fresh fruit	Turkey hot pot with carrots and swede, served with mixed vegetables. (G, S,) Homemade oat biscuits with apple (G, M,)	Beef or Quorn Stroganoff, with potato croquettes and green beans (G)  Rice pudding (M)	Cassoulet (sausage and bean casserole) served with garlic baguette (G, E)  Banana's and custard (M)	Chickpea and sweet potato curry (G)  Fromage frais (M)
<b>Afternoon Snack</b>	Veggie straws and salsa	Cheese and crackers (G, M)	Malt loaf (G)	Rich tea Biscuits and raisins (M, S,G)	Assortment of fresh fruit
<b>Tea</b>	Teacakes and crumpets (G,)  Chocolate chip cake (G, E, M)	Tomato and Lentil Pasta (G,)  Fromage Frais (M)	Hearty root vegetable soup, crusty bread.  Low sugar raisin cake (G, E)	Fish or fishless fingers with carrot and potato waffles (F, M, G)  Assortment of fresh fruit	Sandwich platter with salad sticks (M, G)  Chocolate sponge cake (M, E, G)
<b>Baby's Tea</b>	Chicken dinner (C)	Tomato and Lentil Pasta (G, C)	Hearty root vegetable soup,	Fish bake (F, M)	Cheese and vegetable bake (M, V)

C=Celery M=Milk E=Egg F=Fish G=Gluten S=Soya \*Dairy Free Alternatives are always Available\*



## Menu: Week Three

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Hot Buttered Toast (M,G) Porridge (G, M)	Crumpets (M,G) Porridge (G, M)	Hot Buttered Toast (M,G) Porridge (G,M)	Fruit Loaf (M,G) Porridge (G, M)	Hot Buttered Toast (M,G) Porridge (G, M)
<b>Lunch</b>	Homemade pasta sauce with hidden vegetables served with chicken or Quorn and fusilli (G)  Syrup sponge and custard (M, E, G)	Lamb and barley hot pot with carrots, swede and broccoli (G)  Fromage Frais (M)	Beef or Quorn and root vegetable casserole with creamed potatoes and peas (G, M)  Lemon drizzle cake (E, G, M)	Tuna and petit pois penne (G, F)  Fresh fruit salad	Chicken or Quorn and spinach curry served with rice (G, E)  Apple and cinnamon crumble with custard (M, G)
<b>Afternoon Snack</b>	Crackers and apple (G)	Assortment of fresh fruit	Rice cake and apple slices	Cheese and crackers (M, G)	Tangerines and rich tea biscuits (G)
<b>Tea</b>	Fish or fishless fingers served with peas and sweetcorn (G,M, F,)  Assortment of fresh fruit	Assortment of sandwiches with ham, chicken and cheese (G)  Homemade Raspberry Buns (G, E, M)	Orzo pasta with tomato and basil sauce (G, M, C)  Assortment of fresh fruit	Vegetable and pearl barley soup with wholemeal bread (M), G)  Blueberry sponge cake (G, E, M)	Baked potato with cheese and beans (M)  Fromage frais (M)
<b>Baby's Tea</b>	Fish and vegetables (G, F)	Tomato and fish with rice (G, F)	Orzo pasta with tomato and basil sauce (G, M, C)	Vegetable and pearl barley soup with wholemeal bread (M, G)	Baked potato with cheese and beans (M)

C=Celery M=Milk E=Egg F=Fish G=Gluten, Cereals containing Gluten S=Soya \*Dairy Free Alternatives are always Available\*

