

SAMPLE MENU

Spring/Summer 2020
Week four



	Breakfast	Pick and mix snack	lunch	pick and mix snack	Teatime
	7.30am-8.45am	10.00am-10.20am	11.15am-12.00pm	2.40pm-3.00pm	4.00pm-4.45pm
Monday	A selection of breakfast Cereals G toast G/S Drinks- milk and water M	Oat cakes & herby cheese G/M	Chicken korma & rice G/S Vegetable korma & rice G/S Naan bread M/G Banana whip M/G/S Banana Soya S	Melon or Apple	selection of sandwiches with a variety of fillings W/S/M/C Banana whip M/G/S
Tuesday		Apple fruit loaf G/S/M	Poach chicken, roast potato Green beans & carrots G/S Spinach & pepper layer bake G/S/M Raisin rice pudding M Raisin soya pudding S	Veggie sticks	Pilchard or mackerel pasta salad F/G Ginger nut G & apple
Wednesday		Rice cakes & Banana S	Thai vegetables & noodles or rice Vegetable bolgnese G/S Garlic bread G/M/SS Eton mess E/M Soya mess S	Pitta & Salsa G	Pancakes M/E Summer fruits Yoghurt M
Thursday		Crackers & Cheese G/M	Chicken enchiladas with Rainbow rice G/S Vegetable enchiladas G/S Fromage frais M / fruit pot	Egg, tomato or cucumber	Pitta pizza Salad M/G/S Fruit
Friday		Rich tea biscuit G/S	Fish cakes with mash potato Spaghetti F/G Cauliflower & Broccoli bake M Yoghurt m Soya pudding S	Apples & Cheese	Selection of sandwiches with a variety of fillings W/S/M/C Rainbow vegetables Ginger fruits G

Key to Allergens: C-Celery, G-cereals containing gluten, Cr- crustaceans, F- fish, L-lupine, M-milk, Mo- molluscs, Mu- mustard, N-nuts, P-pea Alternatives are available for children with dietary requirements.

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	7.30am-8.45am	10.00am-10.20am	11.15am-12.00pm	2.40pm-3.00pm	4.00pm-4.45pm
Monday			vegetable puree		fruit pots
Tuesday			carrot and swede puree		fruit puree
Wednesday			parsnip puree		apple puree
Thursday			mixed vegetable puree		mixed fruit puree
Friday			parsnip puree		Fruit puree

Please note that the above menus can change subject to the availability of produce