

Spring and Summer Menu 2017

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Breakfast	Cereals and milk Banana and raisins D G	Cereals and milk Banana and raisins D G	Cereals and milk Banana and raisins D G	Cereals and milk Banana and raisins D G	Cereals and milk Banana and raisins D G
	Lunch	Macaroni cheese with cheddar cheese topping, garlic bread & vegetables D G E Yoghurt D	Chicken breast slices in BBQ sauce, noodles & vegetable ribbons G E Veg option: Quorn style chicken Yoghurt D	Mexican style mince with Cous Cous, sunshine salad & grated cheese pots D G Veg option: Quorn mince Yoghurt D	Breaded fish cakes with parsley sauce with new potatoes peas & sweetcorn G D F Veg option: creamy cheese & broccoli bake Yoghurt D	Spaghetti bolognese with hidden vegetables, carrots & swede G Veg option: Quorn mince Yoghurt D
	Tea	Baked beans and assorted bread D G	Assorted savoury sandwich fingers D G	Pitta bread slices with assorted fillings and dips D G	Crackers with assorted toppings D G	Assorted savoury sandwich fingers D G
Week Two	Breakfast	Cereals and milk Banana and raisins D G	Cereals and milk Banana and raisins D G	Cereals and milk Banana and raisins D G	Cereals and milk Banana and raisins D G	Cereals and milk Banana and raisins D G
	Lunch	Tuna pasta bake, cheesy topping, garlic bread, sweetcorn & peas G D F Veg option: Tomato and basil pasta bake Yoghurt D	Vegetable curry with fluffy rice and naan bread Yoghurt D	Wholemeal breaded fish slices with new potatoes & mixed vegetables D F Veg option: Veg Patties Yoghurt D	Chicken with noodles, carrots & courgette ribbons G E Veg option: Quorn style chicken Yoghurt D	Mince with hidden veggie, baked beans with boiled potatoes & grated cheese D Veg option: Quorn mince Yoghurt D
	Tea	Assorted brown & white bread sandwiches D G	Fruit loaf with a cheese assortment SY G	Cracker breads with assorted toppings Veg option: Brioche with assorted cheeses D G	Pitta bread with assorted fillings and dips D G	Assorted savoury sandwich fingers D G

Gluten	G	Egg	E	Peanuts	P	Nuts	N	Sesame	SE	Shellfish	SF	Fish	F
Mustard	M	Lupin	L	Celery	C	Soya	SY	Sulphites	SU	Dairy	D		
Savoury toppings:	Egg Mayo / Tuna Mayo / Cheese / Cheese Spread / Boiled Eggs / Ham / Chicken / Marmite / Humus												
Vegetable options:	Salad / Carrots / Cucumber / Tomatoes / Avocado												
Fresh fruit options:	Apples / Bananas / Oranges / Grapes / Pineapple / Melon / Pears / Kiwi												