

MENU

(D) = Dairy (G) = Gluten (L)= Lupin

(E) = Egg (C) = Celery (M)= Mustard

WEEK 1:

Monday

Am snack	Dinner	Vegetarian option	Tea
Rice cakes fruit and yogurts (D)(G)	Creamy chicken pasta (D)(G)	Creamy Quorn pasta (D)(G)	Beans and brown toast (D)(G)

Tuesday

Am snack	Dinner	Vegetarian	Tea
Scrambled eggs and toast (D)(E)(G)	Fish fingers mash and beans (D)(G)	Veggie fingers mash and beans (D)(G)	Seasonal vegetable soup and bread (D)(G)

Wednesday

Am snack	Dinner	Vegetarian	Tea
Cheese toastie, with apple slices (D)(G)	Chicken stir fry with boiled rice (C)(G)	Quorn stir fry with boiled rice (C)(G)	Sausage rolls (L)(G) Vegan sausage roll (L)(G)

Thursday

Am snack	Dinner	Vegetarian	Tea
Cheese and crackers with sliced melon (G)(D)	Tomato and basil pasta with grated cheese (D)(C)(G)		Toasted brioche rolls with fruit and yogurt (D)(G)

Friday

Am snack	Dinner	Vegetarian	Tea
French toast with strawberries (D)(G)	Fruity chicken curry with boiled rice (C)(G)	Fruity Quorn curry with boiled rice (C)(G)	Pizza (D)(L)(G)

Menu subject to change due to shortages from suppliers.

Breakfast includes selection of cereals, brown/ white toast with milk or water.

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WEEK 2:

Monday

Am snack	Dinner	Vegetarian	Tea
Toasted scones with orange slices (D)(G)	Spaghetti carbonara (D) (C) (G)	Mushroom carbonara with pasta (D) (C) (G)	Cheese and crackers with apples slices (D) (G)

Tuesday

Am snack	Dinner	Vegetarian	Tea
Toasted potato waffles with beans	Meatballs in onion gravy with creamy mash (D) (G)	Quorn meatballs in mushroom gravy with creamy mash (D)(G)	Pancakes with honey and bananas (D)(G)

Wednesday

Am snack	Dinner	Vegetarian	Tea
Yogurt, breadsticks and fruit (D)	Beef Stroganoff with boiled rice (D)(C) (M)	Quorn stroganoff with boiled rice (D)(M)(C)	Tomato and basil soup with brown bread (D)

Thursday

Am snack	Dinner	Vegetarian	Tea
Smashed Avocado and toasted brown bread (G)	Salmon and courgette creamy pasta (C)(G)	Mushroom and courgette pasta (D)	Homemade Hummus, nachos, veggie sticks and breadsticks (G)

Friday

Am snack	Dinner	Vegetarian	Tea
French toast with fruit (G)	Chilli con carne with boiled rice (G)	Quorn chilli with boiled rice (G)	Garlic bread (D)

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WEEK 3:

Monday

Am snack	dinner	Vegetarian	Tea
Beans and brown toast (D)	Chicken and broccoli pasta bake (G) (D)	Quorn and broccoli pasta bake (D)(G)	Rice pudding with raisins, bananas honey or jam (D)

Tuesday

Am snack	Dinner	Vegetarian	Tea
Selection of sandwiches with fruit or carrot sticks (G)(D)	Cottage pie (D)	Quorn and vegetable pie (D)	Vegetable soup with sliced brown bread (D)(G)

Wednesday

Am snack	Dinner	Vegetarian	Tea
Breadstick, fruit, and yogurt (G)(D)	Creamy chicken pesto pasta (D)	Creamy pesto pasta (D)	Crackers fruit and yogurt (G)(D)

Thursday

Am snack	Dinner	Vegetarian	Tea
Cheese toasties with fruit (D)(G)	Beef stir fry with boiled rice (C)	Vegetable stir fry with boiled rice (C)	French toast (E)

Friday

Am snack	Dinner	Vegetarian	Tea
Scrambled egg beans and toast (E) (D)(G)	Roasted garlic and rosemary tomato pasta with grated cheese (D) (G)		Banana bread (G) (E)

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WEEK 4:

Monday

Am snack	Dinner	Vegetarian	Tea
Toasted waffles and beans (G)	Spaghetti bolognaises (G)(C)	Quorn bolognaise (C)(G)	Selection of sandwiches (G)(D)

Tuesday

Am snack	Dinner	Vegetarian	Tea
Cheese, crackers and sliced fruit (D)	Chicken casserole with creamy mash (D)(C)	Vegetable and butter bean casserole tomato base (C)	Mac and cheese (D)(G)

Wednesday

Am snack	Dinner	Vegetarian	Tea
Fruit,crackers and yogurts (D)(G)	Butternut squash chickpea and spinach korma with boiled rice (C)		Garlic bread (D)(G)

Thursday

Am snack	Dinner	Vegetarian	Tea
Cheese toastie and apple slices (D)(G)	Tomato and vegetable pasta topped with grated cheese (G)(C)		Toasted brioche fruit and yogurts (D) (G)

Friday

Am snack	Dinner	Vegetarian	Tea
Scrambled egg brown toast and beans (E)(G)(D)	Meat balls with onion gravy with mash (G)(C)	Quorn meat balls with mushroom gravy and mash (D)	Raspberry and coconut tray bake (G)(D)(E)

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