

Spring/Summer Menu 2022

Day	Breakfast 7.30am – 8.45am	Lunch 11.00am	Tea 2.45pm	Snack 4.45pm
Monday	Wholemeal toast Cereal Baby Porridge A = G / D	Veggie Mexican bean chilli served with cous cous A = G  Apples	Hidden carrot macaroni cheese A = G / D  Fruit Yogurt A = D	Rice cake and satsuma A = SY / D
Tuesday	Wholemeal toast Cereal Baby Porridge A = G / D	BBQ chicken/ <b>Quorn</b> served with new potatoes and sweetcorn A = E / M / SY  Melon	Spaghetti hoops and wholemeal toast A = G / D  Eton Mess A = E / D	Crackers and cheese A = G / D
Wednesday	Wholemeal toast Cereal Baby Porridge A = G / D	Turkey/ <b>Veggie</b> meatballs in a tomato sauce served with penne pasta A = G  Fruit Yogurt A = D	Tofu and vegetable fried rice A = SY  Banana	Scones A = G / D
Thursday	Wholemeal toast Cereal Baby Porridge A = G / D	Vegetable Thai curry served with wholemeal rice   Oranges	Mackerel pate / <b>Red pepper</b> pate served with warm bread and vegetable sticks A = G / D / F  Summer fruit muffins A = G / D	Pinwheels A = G / D
Friday	Wholemeal toast Cereal Baby Porridge A = G / D	White fish / <b>Veggie</b> fingers served with chips and peas A = F / G  Lemon cookies A = D / G	Bulgur wheat tabbouleh with feta cheese A = G / D  Pears	Breadsticks A = G

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Please note menu/ingredients are subject to change due to food deliveries

Colour code: **Green = Vegetarian option**

**Allergens - A: G - Gluten / E - Egg / F - Fish / M - Mustard / SY - Soya / SU - Sulphites / CE – Celery / D – Dairy / SS – Sesame seeds**

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Monday	Wholemeal toast Cereal Baby Porridge A = G / D	Creamy spinach pasta A = G / D  Pears	Tuna/Cheese sandwiches served with cucumber sticks A = G / D / F  Chocolate chip cookies A = D / G	Scones A = G / D
Tuesday	Wholemeal toast Cereal Baby Porridge A = G / D	Minted lamb/Soya and potato casserole A = SY  Fruit Yogurt A = D	Vegetable chow mein noodles A = G / SY  Melon	Breadsticks A = D / G
Wednesday	Wholemeal toast Cereal Baby Porridge A = G / D	Sweet potato, chickpea coconut curry served with bulgar wheat A = G  Raspberry and peach crumble served with cream A = D	Pork/Veggie hot dogs with tomato sauce A = G  Fruit Yogurt A = D	Cheese and crackers A = G / D
Thursday	Wholemeal toast Cereal Baby Porridge A = G / D	Sweet and sour chicken/Quorn with noodles A = SY / E / G  Banana	Cheese, bean and potato pie A = D  Vanilla ice cream A = D	Crackerbread and pear A = G / D
Friday	Wholemeal toast Cereal Baby Porridge A = G / D	Salmon/Tofu pea risotto A = F / SY / D  Oranges	Spring vegetable soup served with bread and butter A = D / G  Fruit Yogurt A = D	Pinwheels A = D / G

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Monday	Wholemeal toast Cereal Baby Porridge A = G / D	Spanish chickpea and pepper paella  Oranges	Cheesy jacket potatoes A = D  Fruit Yogurt A = D	Scones A = G / D
Tuesday	Wholemeal toast Cereal Baby Porridge A = G / D	Fish/Tofu vegetable pie topped with puff pastry A = D / F  Fruit Yogurt A = D	Moroccan fruity cous cous A = G / SY  Banana	Crackerbread and apple A = G / D
Wednesday	Wholemeal toast Cereal Baby Porridge A = G / D	Courgette and carrot pasta A = G / D  Pears	Broccoli, pea and mint pesto on garlic bread A = G / D  Watermelon	Pinwheels A = G / D
Thursday	Wholemeal toast Cereal Baby Porridge A = G / D	Turkey/Quorn served with roast potatoes, mixed vegetables and gravy A = E / SY / G  Fruit Yogurt A = D	Creamy tomato and basil soup served with breadsticks A = D / G  Cinnamon cookies A = G / D	Cheese and crackers A = D / G
Friday	Wholemeal toast Cereal Baby Porridge A = G / D	Chicken/ Soya tikka masala served with naan bread A = SY / G / D  Citrus cake A = D / G	Cauliflower and broccoli gratin A = G / D  Fruit salad	Breadsticks A = G

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Monday	Wholemeal toast Cereal Baby Porridge A = G / D	Cheese and tomato pasta A = G / D  Pear	Chicken/ <b>Quorn</b> fajitas A = G / D  Fruit Yogurt A = D	Crackerbread and carrot sticks A = D / G
Tuesday	Wholemeal toast Cereal Baby Porridge A = G / D	Gammon/ <b>Quorn</b> served with potatoes, runner beans and parsley sauce A = E / SY / D  Fruit Yogurt A = D	Ploughman's tea – Cheese sticks, baguette bread, cucumber A = G / D  Chocolate cake A = D / G / E	Rice cake and satsuma A = SY / D
Wednesday	Wholemeal toast Cereal Baby Porridge A = G / D	Paneer and vegetable biriyani served with mint yogurt A = D  Watermelon	Baked beans with potato wedges   Coconut flapjacks A = D	Pinwheels A = G / D
Thursday	Wholemeal toast Cereal Baby Porridge A = G / D	Lamb/ <b>Soya</b> spaghetti bolognaise A = G / SY  Banana	Rainbow vegetable pizza A = G / D  Fruit Yogurt A = D	Breadstick A = G
Friday	Wholemeal toast Cereal Baby Porridge A = G / D	White Fish/ <b>Chickpea</b> korma curry with chapati A = G / D  Oranges	Sweetcorn, pepper and cucumber pasta salad in herby mayo A = E / G  Shortbread biscuits A = G / D	Scones A = G / D

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