



Menu: Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge and fresh fruit Milk/water	Rice Crispies/ Weetabix and Bananas Milk/water	Toast, raisons Milk/Water	Corn flakes/Weetabix Toasted crumpets Milk/water	Plain Yoghurt with a selection of dried fruit Milk/Water
Snack AM	Toasted bagel + cucumber sticks Water/milk	Bread sticks and low fat dip Water/Milk	Banana and grapes Water/Milk	Rice cakes and raisons Water/milk	Tea cakes and spread Water/ Milk
Lunch	Spaghetti Bolognese and white spaghetti Water	Chicken curry and rice Poppadum's and mango chutney Water	Cottage Pie with fresh vegetables Water	Quorn sausage, mash and beans Water	Vegetable stir fry With pitta bread Water
Pudding	Fruit cocktail	Jelly and Low fat cream	Homemade lemon cake and custard	Fruit salad platter	Apple oat crumble and custard
Snack PM	Fruit salad Water/milk	Fresh fruit water/milk	Pepper sticks with low fat dip Water/milk	Malt loaf and spread Water/milk	Fresh fruit Water/milk
Tea	Scrambled egg on toast with mushrooms. Water	Pitta, cheese and Tuna salad platter Water	Egg/cheese sandwiches Cucumber and carrot sticks Water	Pizza, celery sticks Water	Beans on toast Water
Pudding	Natural yoghurt with puree peaches	Fromage frais and melon	Fresh fruit	Pears and low fat ice cream	Yoghurt and blueberry's

Our Menu is in guideline with "Eat better start better- school food trust"

Menu: Week 2



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Corn flakes/ rice crispiers and banana Water/milk	Yoghurt/ Fresh Fruit, malt wheats Milk/ water	Wheat biscuits/Weetabix or corn flakes Milk/water	Toast and spread dried fruit. Milk/water	Porridge and apricot puree Malt wheats Milk/water
Snack AM	Toasted tea cakes and apple Milk/water	Breadsticks and peppers with low fat dip Milk/water	Toasted bagel and tomatoes Milk/Water	Fresh fruit Milk/water	Toasted Crumpets and oranges Milk/water
Lunch	Tomato, cheese and broccoli Pasta Bake Water	Jacket potato with selection of filling beans, cheese, tuna Water	Chilli and Rice water	Chicken Roast dinner with a selection of roast vegetables Water	Fish fingers mash and beans Water
Pudding	Semolina and blueberry compote	Carrot cake	Fruit platter	Oat flap jack	Fromage frais
Snack PM	Fresh fruit Water/Milk	Scones Water/Milk	Cucumber and carrot sticks with dip Water/Milk	Fresh fruit Water/Milk	Breadsticks and low fat dip Water/Milk
Tea	Hash browns and beans Water	Pitta, cheese and salad Water	Cheese toasties and carrot sticks Water	Tuna mayo wraps and cucumber sticks Water	Vegetable soup and wholemeal bread Water
Pudding	Oat biscuit	Fruit platter	Melon	Natural Yoghurt+ raspberries	Pears and low fat ice- cream

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Key to recipes			
Allergy warning – wheat		Portion of vegetables	
Allergy warning – dairy		Portion of meat	
Allergy warning – egg		Portion of fish	
Vegetarian main dishes		Portion of meat alternative, pulses or eggs	
Portion of starchy food		Portion of dairy	
Portion of fruit		Suitable to cook with children	

Allergen Advice!!
Some of our foods may contain Allergens, please speak to a member of management for more information and advice.