

		Week 1 ↓	Week 2 ↓	Week 3 ↓	Week 4 ↓
Monday	VEGETARIAN Lunch	Red Pesto pasta (V,1,2,7) (D)Orange &pineapple	Mac N Cheese (V1,2,9) (D) Watermelon &pear	Roast vegetable pasta bake with parmesan(V,1,2,7) (D)Pineapple and red grapes	Halloumi pasta (V,1,2,7) (D)watermelon and green grapes
	Tea	Tuna and cheese tacos	Cheese and cracker (V)	Pitta bread filled with hummus and salad	Hot cross buns
Tuesday	Lunch Veg	Spinach' sweet potato and lentil dahl bulghur	Black bean and vegetable hash with sour cream and salad hash	Chilli Quorn and jacket potato Cucumber	Borlotti beans and vegetable couscous
	Tea	Ploughman's cheese, crackers, cherry tomato, and cucumber	Cheese and pickle sandwich with cucumber and tomato Or Homemade soup	Cheese and crackers Or Homemade soup	Homemade soup with bread rolls
Wednesday	Chicken	BBQ Chicken (V,1,2,) potato (D)Melon medley Quorn style chicken	Chicken curry with rice Chickpeas curry (1,2,13)	Mango and coconut chicken with rice (D) Orange and pears, Butternut squash mushroom and butterbean	Five spice chicken jacket potato Stir fry vegetables (D) pineapple & strawberries
	Tea	Tea cakes	Pitta bread and hummus	Cinnamon and raisin bagels	Tuna pasta
THURSDAY	Lunch VEG	Thai green curry (1,2,9) Nan bread couscous salad (D) Strawberry & pear	Spaghetti bolognas Soya mince (1,2,5)	Chickpeas and sweet potato fajitas with couscous salad	Vegetable Curry(V,1,2,9) rice (D) Pear and orange

Friday	Tea	Toasted muffin with butter	Bagel and cream cheese	Tuna and sweetcorn filled baguette	Cheese on toast
	Lunch FISH	Tuna and sweet pepper melt (1,2,5,7) spinach roast vegetable pasta (D)7, Yoghurt with apricot pure	Tuna jacket potato with cheese and beans (1,2,7) (D)7 Yoghurt with mix berries pure	Haddock and cod pasta bake (1,2,5,7) Broccoli, peppers and aubergine tomato (D)7, Yoghurt with banana and pure	Salmon in a creamy tomato sauce (1,2,4,5,) Spinach and mushroom, green lentil, sweet peppers (D)7, Yoghurt with strawberry pure
	Tea	Cheese and tomato pizza	Tuna and cheese wraps	Three cheese pizza	Egg mayo baguettes

Allergens 1: Celery, 2: Cereals containing gluten, 3: Crustaceans, 4: Eggs, 5: Fish, 6: Lupin, 7: Milk, 8: Molluscs, 9: Mustard, 10: Nuts, 11: Peanuts, 12: Sesame Seeds, 13: Soya, 14: Sulphur dioxide, **Highlighted in red**

Allergens

We always ensure that each child's dietary requirements are catered for. For this reason, we usually remove or replace any allergenic ingredients dangerous to a particular child from all our recipes to minimise the risks for those children. We have noted all common allergens in our recipes with a number, which can be cross referenced with the Food Standards Agency allergens list (see Above).

Menus are subject to availability and changes

Please Note

- Dessert is always healthy, and is either a fresh fruit milkshake, fresh fruit choice, organic yoghurt or fresh fruit compote, communicated on the day
- Vegetables and (or) salad is always served with lunch and tea-time options
- Vegetarian-friendly dishes are identified with a (V) Highlighted in green
- No salt or sugar is added to any dish (except when we bake cakes with the children)
- Fresh water is served with all meals, and throughout the day