

# What's on the menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Breakfast – Cereal & Toast <b>Wheat &amp; Milk</b>  Mid-Morning – Sliced Melon & Orange Wedges  Margherita Pizza <b>Wheat, Milk</b> with sweetcorn & courgettes Toffee Apple Flapjack <b>Wheat, Oats</b>  Snack – Crackers & Cheese ( <b>Dairy</b> ) Tea – Ham Omelette <b>Egg/Pork</b>  Pudding – Strawberry Yoghurt <b>Dairy</b>	Breakfast – Beans on Toast ( <b>Wheat</b> )  Mid-Morning – Pancake & Grapes <b>Dairy/Egg/Milk</b>  Piri Piri Style Chicken <b>Wheat</b> with Rice Portuguese Style Orange Cake <b>Wheat, Egg, Milk</b>  Snack – Orange Wedges Tea – Wrap Ham, Cheese or Tuna <b>Fish/Dairy/Wheat/Pork</b>  Pudding – Fruit Flapjack - <b>Wheat</b>	Breakfast – Yoghurt & Toast <b>Wheat/Milk/Dairy</b>  Mid-Morning – Cheese Cubes, Bread & Cucumber <b>Dairy/Wheat</b>  Roast Chicken Thigh served with Roast Potatoes & Gravy Jelly with Fresh Fruit Wedges  Snack – Bread with Sliced Ham <b>Wheat/Pork</b> Tea – Vegetable Biryani  Pudding – Shortbread <b>Wheat</b>	Breakfast – Cereal & Toast <b>Wheat &amp; Milk</b>  Mid-Morning – Homemade Fruit Smoothie  Beef Lasagne ( <b>Wheat</b> ) served with chef's Salad Marbled Shortbread ( <b>Wheat</b> )  Snack – Carrot & Cucumber Sticks with Humous Tea – ½ Jacket with Cheese or Beans <b>Dairy</b>  Pudding – Lemon Sponge <b>Wheat/Egg/Milk</b>	Breakfast – Cereal & Crumpet <b>Wheat/Milk</b>  Mid-Morning – Apple Wedges, Orange Wedges & Pineapple  Battered Fish served with Chips( <b>Wheat, Fish</b> ) Iced Berry Swirl Sponge ( <b>Wheat, Egg, Milk</b> )  Snack - Crackers & Cheese <b>Dairy</b> Tea – Wrap Ham, Cheese or Tuna <b>Fish/Dairy/Wheat/Pork</b>  Pudding – Shortbread <b>Wheat</b>
WEEK TWO	Breakfast – Pancake & Berries <b>Milk, Dairy, Egg</b>  Mid-Morning – Homemade Fruit Smoothie  Macaroni Cheese ( <b>Wheat, Milk</b> ) served with a Winter Style Salad Iced Wholemeal Carrot Cake ( <b>Wheat, Egg</b> )  Snack – Bread with Sliced Ham <b>Wheat/Pork</b> Tea – Omelette <b>Egg</b>  Pudding – Shortbread <b>Wheat</b>	Breakfast – Beans on Toast ( <b>Wheat</b> )  Mid-Morning – Sliced Melon & Orange Wedges  Chicken Korma served with Pilau Rice Vanilla Ice Cream ( <b>Milk</b> ) served with Fresh Fruit Wedges  Snack – Pitta Bread with Humous <b>Wheat</b> Tea – ½ Jacket with Cheese or Beans <b>Dairy</b>  Pudding – Strawberry Yoghurt <b>Dairy</b>	Breakfast – Cereal & Crumpet <b>Wheat/Milk</b>  Mid-Morning – Pancake & Grapes <b>Dairy/Egg/Milk</b>  Roast Gammon ( <b>Sulphites</b> ) with Roast Potatoes and Gravy Iced Marbled Sponge ( <b>Wheat, Egg, Milk</b> )  Snack – Crackers & Cheese ( <b>Dairy</b> ) Tea – Wrap Ham, Cheese or Tuna <b>Fish/Dairy/Wheat/Pork</b>  Pudding – Fruit Flapjack - <b>Wheat</b>	Breakfast – Beans on Toast ( <b>Wheat</b> )  Mid-Morning – Apple Wedges, Orange Wedges & Pineapple  Beef Bolognese with Pasta ( <b>Wheat</b> ) Jelly with Fruit Wedges  Snack – Bread with Sliced Ham <b>Wheat/Pork</b> Tea – ½ Jacket with Cheese or Beans <b>Dairy</b>  Pudding – Shortbread <b>Wheat</b>	Breakfast – Cereal & Toast <b>Wheat &amp; Milk</b>  Mid-Morning – Cheese Cubes, Bread & Cucumber <b>Dairy/Wheat</b>  Fish Fingers ( <b>Fish, Wheat</b> ) with Chips Shortbread ( <b>Wheat</b> )  Snack – Carrot & Cucumber Sticks with Humous Tea – Wrap Ham, Cheese or Tuna <b>Fish/Dairy/Wheat/Pork</b>  Pudding – Strawberry Yoghurt <b>Dairy</b>
WEEK THREE	Breakfast – Beans on Toast ( <b>Wheat</b> )  Mid-Morning – Apple Wedges, Orange Wedges & Pineapple  Lasagne ( <b>Wheat</b> ) served with Chefs Salad Steamed Jam <b>Sponge (Wheat, Eggs,milk)</b>  Snack – Crackers & Cheese ( <b>Dairy</b> ) Tea – Wrap Ham, Cheese or Tuna <b>Fish/Dairy/Wheat/Pork</b>  Pudding – Fruit Flapjack - <b>Wheat</b>	Breakfast – Cereal & Crumpet <b>Wheat/Milk</b>  Mid-Morning – Pancake & Grapes <b>Dairy/Egg/Milk</b>  Pork Sausage Roll ( <b>Wheat, Sulphites</b> ) with Oven Roasted Potato Wedges Jelly with Fresh Fruit Wedges  Snack – Carrot & Cucumber Sticks with Humous Tea – ½ Jacket with Cheese or Beans <b>Dairy</b>  Pudding – Shortbread <b>Wheat</b>	Breakfast – Yoghurt & Toast <b>Wheat/Milk/Dairy</b>  Mid-Morning – Homemade Fruit Smoothie  Roast Loin of Pork served with Roast Potatoes and Gravy Iced Chocolate Sponge ( <b>Wheat, Egg, Milk</b> )  Snack – Bread with Sliced Ham <b>Wheat/Pork</b> Tea – Ham Omelette <b>Egg/Pork</b>  Pudding – Strawberry Yoghurt <b>Dairy</b>	Breakfast – Beans on Toast ( <b>Wheat</b> )  Mid-Morning – Cheese Cubes, Bread & Cucumber <b>Dairy/Wheat</b>  BBQ Chicken Wrap ( <b>Wheat, Sulphites</b> ) Rice Apple and Berry Oat Bar ( <b>Wheat, Oats</b> )  Snack – Crackers & Cheese ( <b>Dairy</b> ) Tea – Wrap Ham, Cheese or Tuna <b>Fish/Dairy/Wheat/Pork</b>  Pudding – Shortbread <b>Wheat</b>	Breakfast – Cereal & Toast <b>Wheat &amp; Milk</b>  Mid-Morning – Apple Wedges, Orange Wedges & Pineapple  Battered Fish ( <b>Wheat, Fish</b> ) with Chips Wholemeal Lemon Shortbread ( <b>Wheat</b> )  Snack – Orange Wedges Tea – ½ Jacket with Cheese or Beans <b>Dairy</b>  Pudding – Fruit Flapjack - <b>Wheat</b>

**Extra Meal Options Available Daily:**  
**Freshly Cooked Pasta (Wheat)** served with sauce or Jacket Potato with various fillings.  
 (unless there is a special menu or grab a bag day)

w/c , 1st Sept, 22nd Sept, 13th Oct, 10th Nov,  
1st Dec, 5th Jan, 26th Jan

w/c 8th Sept, 29th Sept, 27th Oct, 17th Nov,  
8th Dec, 12th Jan, 2nd Feb

w/c 15th Sept, 6th Oct, 3rd Nov, 24th Nov,  
15th Dec, 19th Jan, 9th Feb

**allergen information provided  
on the menu.**

