

Week 4 - Winter		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST choose from a variety of Cereals e.g Weetabix, rice krispies, cornflakes, porridge served with buttered toast milk and water						
MORNING SNACK	FOOD	Orange and Banana Toast with soft cheese	Pears and Bananas and rice cakes	Buttered Crackers with Sliced Bananas	Oranges and Apples and Toast	Apples and Pears Toasted bagels and butter
	Allergies	Wheat, Soya, Dairy, Gluten, Banana		Gluten, Soya, Dairy, Wheat, Banana	Gluten, Soya, Dairy, Wheat	Dairy, Apple, Wheat, Gluten
	DRINKS	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/whole Milk
LUNCH	FOOD (include ingredients)	Vegetable wholemeal pasta bake mixed green salad	Chicken Alfredo with broccoli	Tasty Fish Stew with bulgar wheat and mixed vegetables	Traditional Beef Meatballs with Spaghetti in Tomato Sauce with broccoli	Caribbean BBQ chicken with rice and peas sweetcorn
	VEGETARIANS	Same	Quorn chicken pieces	Vegetable stew	Quorn Meatballs	Quorn chicken pieces
	Allergies	Wheat, Gluten, Dairy, Tomato	Gluten, Wheat, Dairy, Soya, Gluten Mustard	Fish, Soya, Celery, Mustard, Dairy Wheat	Soya, Celery, Mustard, Gluten, Tomato	Soya, Celery, Mustard, Tomato Gluten
		Main ingredients: carrots, courgette, leeks pasta, tomato puree cheese	Main ingredients: Chicken thighs, milk, garlic, carrots and herbs, cheese, tagliatelle	Main ingredients: coley , white fish, carrots herbs, tomato passta bulgar wheat,	Main ingredients: Lamb/Beef mince, onion, garlic carrots, pasta	Main ingredients: chicken, bbq sauce, kidney beans
	DESSERT	Fruit Yogurt	Cherry and Coconut Flapjack	Oranges and Ice Cream	Semolina with peach puree	Fruit Salad
	Allergies	Dairy,	Gluten, Wheat, Coconut	Eggs, Wheat, Gluten	Dairy, Strawberry	
DRINKS	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/Milk	Water/Milk	
LIGHT AFTERNOON TEA	FOOD	Savoury omelette with cucumber and tomato	Sweet Potato and Butternut Squash Soup with Wholemeal Rolls	Warm cheese and cherry Tomato baguette	Sausage and Baked Beans	Cous cous stir fry
	Allergies	Egg, Dairy, Tomato	Gluten, Wheat	Dairy, Wheat, Gluten	Tomato	Gluten, Tomato, Wheat, Soya
		Main Ingredients Eggs, cucumber, tomato	Main Ingredients butternut squash, carrots red lentils, red peppers	Main Ingredients Cheese, tomato		Main Ingerdient Frozen mixed vegetable
	VEGETARIANS	Same	Same	Babies - on Sliced Bread	Veggie fingers and beans	Same
DRINKS	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/whole Milk	

For children with egg, gluten and dairy allergies, their food will be the same but without the allergic ingredient.

**All meals are served with fruit or vegetables which is part of the children's 5 a day
We use an GMO Vegetable and Soya bean oil or Olive oil, rapeseed blend and Sunflower Oil
Our Raisins may contain Sulphites**