

## Autumn menu - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals (Weetabix, Porridge, Rice Krispies, Shreddies ) cow's milk and oat milk Toast and fresh fruit <b>Contains - WHEAT, GLUTEN, OATS, SOYA, DAIRY- in cow's milk</b>				
Snack am	Crossant, with or without Jam <b>Contains: Wheat and Dairy, egg</b>	Selection of Fresh Fruit	Fresh fruit and Breadsticks	Selection of Fresh fruit	Selection of vegetable sticks
Lunch starter		Naan bread with cool dairy free mint dip with carrots and cucumber sticks <b>Contains:- wheat</b>		Garlic bread, hummous, carrot and cucumber sticks <b>Contains: dairy, wheat</b>	
Lunch	Beef spaghetti bolognese and sweetcorn <b>Contains: wheat</b>	Chick pea and potato korma with rice and broccoli <b>Contains: wheat</b>	Roast chicken with roast potatoes, carrots, cabbage, stuffing and gravy <b>Contains: soya and wheat and lecithins</b>	Vegetable lasagne <b>Contains: Dairy and Wheat</b>	Sausage mash and peas <b>Contains: Wheat and sulphite</b>
Lunch Vegetarian	Vegetable spaghetti Bolognese <b>Contains: wheat and egg</b>	Chick pea and potato korma with rice and broccoli <b>Contains: wheat and dairy</b>	Quorn chicken with roast potatoes, carrots, cabbage, stuffing and gravy <b>Contains: egg, soya, wheat, barley and celery</b>	Vegetable lasagne <b>Contains: Dairy and Wheat</b>	Vegetable sausage mash and peas <b>Contains: Soya, egg, barley and Wheat</b>
Desert	Orange Drizzle cake <b>Contains: Wheat and egg</b>		Apple crumble and custard <b>Contains: Wheat and dairy</b>		Chocolate berry cake <b>Contains: Egg and wheat</b>
Snack pm	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit and vegetable sticks	Fresh fruit
Tea	Jacket potato and baked beans and cheese <b>Contains: Dairy</b>	Cheesy pasta with sweetcorn <b>Contains: Dairy and wheat</b>	Spaghetti on toast <b>Contains: Dairy and wheat</b>	Ham, cheese and jam sandwiches <b>Contains: Dairy and wheat</b>	Carrot and coriander soup with crusty roll <b>Contains: Wheat and soya</b>
Tea Vegetarian	Jacket potato and baked beans and cheese <b>Contains: Dairy</b>	Cheesy pasta with sweetcorn <b>Contains: Dairy and wheat</b>	Spaghetti on toast <b>Contains: Dairy and wheat</b>	Cheese and jam sandwiches <b>Contains: Dairy and wheat</b>	Carrot and coriander soup with crusty roll <b>Contains: Wheat, dairy and egg</b>
Desert	Fresh fruit	Ginger cookie <b>Contains: Wheat and dairy</b>	Fruit yoghurts or soya yoghurts, <b>Contains: Dairy</b>	Fruit cocktail	Lemon cake <b>Contains: Dairy, wheat and eggs</b>

## **Important**

Whilst we ensure that we are a nut free zone we cannot guarantee any cross continuation from products in the factory where the food has been manufactured/ packaged.

We use a dairy free spread - Vitalite in our baking and as a spread for sandwiches, toast, and mash potato.

Individual dietary requirements are catered for and our cook provides alternative products to ensure this. This includes dairy and egg free recipes, which ensures that children are still being offered the same meals, desserts and snacks.

Our cook also bakes dairy and egg free cakes.