

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 Contains - WHEAT, GLUTEN, OATS, SOYA, DAIRY- in cow's milk				
Snack am	Crossant, with or without Jam Contains: Wheat and Dairy, egg	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 Contains:- wheat		Garlic bread, hummous, carrot and cucumber sticks Contains: dairy, wheat	
Lunch	Beef spaghetti bolognese and sweetcorn Contains: wheat	Chick pea and potato korma with rice and broccoli Contains: wheat	Roast chicken with roast potatoes, carrots, cabbage, stuffing and gravy Contains: soya and wheat and lecithins	Vegetable lasagne Contains: Dairy and Wheat	Sausage mash and peas Contains: Wheat and sulphite
Lunch Vegetarian	Vegetable spaghetti Bolognese Contains: wheat and egg	Chick pea and potato korma with rice and broccoli Contains: wheat and dairy	Quorn chicken with roast potatoes, carrots, cabbage, stuffing and gravy Contains: egg, soya, wheat, barley and celery	Vegetable lasagne Contains: Dairy and Wheat	Vegetable sausage mash and peas Contains: Soya, egg, barley and Wheat
Desert	Orange Drizzle cake Contains: Wheat and egg		Apple crumble and custard Contains: Wheat and dairy		Chocolate berry cake Contains: Egg and wheat
Snack pm	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit and vegetable sticks	Fresh fruit
Tea	Jacket potato and baked beans and cheese Contains: Dairy	Cheesy pasta with sweetcorn Contains: Dairy and wheat	Spaghetti on toast Contains: Dairy and wheat	Ham, cheese and jam sandwiches Contains: Dairy and wheat	Carrot and coriander soup with crusty roll Contains: Wheat and soya
Tea Vegetarian	Jacket potato and baked beans and cheese Contains: Dairy	Cheesy pasta with sweetcorn Contains: Dairy and wheat	Spaghetti on toast Contains: Dairy and wheat	Cheese and jam sandwiches Contains: Dairy and wheat	Carrot and coriander soup with crusty roll Contains: Wheat, dairy and egg
Desert	Fresh fruit	Ginger cookie Contains: Wheat and dairy	Fruit yoghurts or soya yoghurts, Contains: Dairy	Fruit cocktail	Lemon cake Contains: Dairy, wheat and eggs

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.