

Summer menu - week 1

*Please note that our menu sometimes changes. This is because we receive a weekly free food delivery from FareShare and making changes to our menu cuts down on food waste and costs.

	Breakfast	Morning Snack	Lunch	Vegetarian & milk free alternative	Pudding	Afternoon Snack	Tea
Monday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Apples & Oranges	Chicken and Broccoli pasta bake with Garlic Bread Dairy/Wheat	Quorn Chicken and Broccoli bake with Garlic Bread Wheat/Soya	Apple Crumble & Ice Cream Wheat/Dairy/Soya	Crumpets Wheat	Assorted Filled Wraps With Carrot & Cucumber Wheat/ Milk/ Soya/ Egg/ Fish
Tuesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Toasted Tea Cakes Wheat/ Soya	Mediterranean Chicken tray with Rice	Mediterranean Quorn Chicken tray with Rice Soya/Egg	Greek Yoghurt and Mixed Berries Dairy	Melon	Picnic Platter Wheat/Dairy
Wednesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Bananas & Pear	Beef Meatballs and Spaghetti Wheat	Veggie Meatballs with Spaghetti Egg/ Soya/ Wheat	Chocolate Chip Cookies Wheat/ Milk/ Soya	Breadsticks & Hummus Barley/ Wheat	Pizza with Carrot and Cucumber Sticks Wheat/Soya/Dairy
Thursday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Wholemeal Toast Wheat/Soya	Quiche, Wedges & Salad Wheat/ Egg/ Soya/ Milk	Vegetable Burger, Wedges and Salad Mixed Berries and Soya Yoghurt Soya	Eton Mess Dairy	Rice Cakes & Cream Cheese Dairy/Soya	Fishcakes & Vegetable Cous Cous Wheat/ Fish
Friday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Melon	Jacket Potatoes, Cheese, Beans & Salad Dairy	Jacket Potatoes, Dairy free cheese and Beans Apple Crumble & Dairy free Ice Cream Soya	Blueberry Muffin Wheat/ Egg/ Dairy	Kiwi & Orange	Bagels & Cream Cheese Wheat/Soya/Dairy

Summer menu - week 2



	Breakfast	Morning Snack	Lunch	Vegetarian & milk free alternative	Pudding	Afternoon Snack	Tea
Monday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Apples & Oranges	Spaghetti Bolognese, Spaghetti & Garlic Bread Wheat/ Milk	Quorn Bolognese, Spaghetti & Garlic Bread Wheat/ Milk/ Soya	Jam Thumb Print Cookies Wheat/ Milk/ Soya	Crumpets Wheat	Cheese/Ham Crackers with Apple Wheat/ Milk/ Soya
Tuesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Vegetable Batons	Pizza Swirls with Salad and Wedges Wheat/Dairy	Pizza Swirls with Salad and Wedges Wheat/soya	Peaches & Yoghurt Milk/ Soya	Pear & Kiwi	Fish Finger Sandwiches Fish/ Wheat/ Milk/ Soya
Wednesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Pears	Chicken & Veg Wraps with Mexican Rice Wheat	Quorn & Veg Wraps with Mexican Rice Wheat/ Soya	Apple Upside Down Cake & Ice Cream Egg/ Milk	Vegetable Batons	Toasties Fish/ Wheat/ Milk/ Soya
Thursday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Crumpets Wheat	Chicken and Mushroom Pie Dairy/Wheat	Quorn Chicken and Mushroom Pie Wheat/ Soya	Peach Crumble and Cream Wheat/ Dairy	Apples & Oranges	Quorn & Pasta Salad Wheat/ Egg/ Milk/ Soya
Friday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Melon & Kiwi	Fish, chips and mushy peas Wheat/ Milk	Quorn nuggets, chips and mushy peas Wheat/ Soya	Scones, jam and Cream Dairy/ Wheat/ Egg/ Milk	Rice Cakes & Cream Cheese Milk/ Soya	Pizza Crumpets Wheat/ Milk/ Soya

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Summer menu - week 3



	Breakfast	Morning Snack	Lunch	Vegetarian & milk free alternative	Pudding	Afternoon Snack	Tea
Monday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Tea Cakes	Chili with Potato wedges and salad	Vegetable Chili with Potato wedges and salad	Yogurt with Fruit puree Milk/ Soya	Apples & Oranges	Han and Cheese Panini's Wheat/ Milk/ Soya/ Egg
Tuesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Apples & Oranges	Sweet & Sour Chicken with Rice	Sweet & Sour Quorn with Rice Soya	Flapjacks Wheat	Bananas	Tomato and Basil Pasta Wheat
Wednesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Melon	Turkey Burgers, Wedges & Sweetcorn Egg	Meat Free Burgers, Wedges & Sweetcorn Barley/ Soya	Summer Fruit Crumble with Cream Wheat/ Milk/ Soya	Breadsticks & Hummus Barley/ Wheat	Spaghetti on Toast Wheat/ Soya
Thursday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Crumpets Wheat	Chicken Korma with Rice Wheat/ Dairy	Quorn Chicken Korma with Rice	Brownies Wheat/ Milk/ Egg	Melon	Chicken Goujons and Cous Cous Wheat
Friday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk Wheat/ Dairy/ Soya	Kiwi & Pear	Beef Lasagne & Salad Wheat/ Milk	Vegetable Lasagne & Salad Wheat/ Soya	Jelly & Ice Cream Milk/ Soya	Rice Cakes & Cream Cheese Milk/ Soya	Tuna Mayo and Egg Mayo open Sandwiches Wheat/ Milk/ Soya/ Fish/ Egg

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Winter menu - week 1

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	Breakfast	Morning Snack	Lunch	Vegetarian & milk free alternative	Pudding	Afternoon Snack	Tea
Monday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Teacakes	Sweet Potato & Butternut Pasta Bake with Homemade Garlic Bread Wheat/ Dairy/Soya	Sweet Potato & Butternut Pasta Bake with Homemade Garlic Bread Wheat/Soya	Apple Crumble with Creamy Custard Wheat/Dairy	Sliced Melon	Bagels with Cream cheese Wheat
Tuesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Oranges	Chinese Chicken and Mushroom Curry with Wholegrain Rice and Chappati	Chinese Quorn Curry with Wholegrain Rice and Chappati	Yoghurt and Fruit Wheat/Dairy/Egg	Apples & Raisins	Fish Fingers Sandwiches Wheat
Wednesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Melon	Savoury Mince & Vegetable Cobbler with Mashed Potato Wheat/Dairy	Savoury Vegetable Cobbler with Mashed Potato Apple Crumble with Dairy free Custard Wheat/Soya	Chocolate Chip Cookie Wheat/Dairy/Egg	Breadsticks & Hummus Dairy/Wheat	Jacket Potato Beans & Cheese Dairy
Thursday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Crackers with Butter	Roast of the day with vegetables and Yorkshire puddings	Quorn Roast with Vegetables	Fruit Flap Jack Wheat	Carrot & Cucumber Sticks with Creamed Cheese Dairy	Creamy Tomato pasta bake Fish and Wheat
Friday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Apples	Chicken and Vegetable pie with Mash Potato and Brocoli Dairy	Quorn Chicken and Vegetable pie with Mash Potato and Brocoli Dairy/Soya	Coconut Rice Pudding with Mixed Fruit Jam	Pear and Kiwi	Cheese on Toast Wheat/Dairy

Winter menu - week 2

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	Breakfast	Morning Snack	Lunch	Vegetarian & milk free alternative	Pudding	Afternoon Snack	Tea
Monday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Sliced Melon	Corned Beef Hash and Yorkshire Puddings	Vegetable Hash Wheat/Soya	Chocolate Sponge with Fresh Cream Wheat/Dairy/Egg	Sliced Oranges	Pizza with Cucumber and Carrot Sticks Wheat/Dairy
Tuesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Apples	Shepherd's Pie, Broccoli & Cauliflower	Vegetarian Shepherd's Pie Broccoli & Cauliflower	Millionaire Shortbread	Bananas	Assorted Paninis Wheat/Dairy
Wednesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Sliced Pear	Breaded Fish, Homemade Chips & Peas Wheat/Fish	Breaded Quorn Nuggets, Homemade Chips & Peas Wheat	Banana Loaf Wheat	Breadsticks & Hummus Dairy/Wheat	Quorn Chicken, Tomato, & Cucumber Pasta Wheat/Dairy
Thursday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Rice cakes with Cream cheese Dairy/Wheat	Chilli and Rice with Pitta Bread Wheat	Vegetable Chilli and Rice Pitta Bread Wheat	Oat & Raisin Cookies Wheat	Carrots and Cucumber Sticks	Quiche with Beans Dairy
Friday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Crumpets Wheat	Chicken Casserole & Dumplings Wheat	Vegetable Casserole & Dumplings Wheat Apple Pie with Dairy free Custard Wheat/Soya	Apple Pie with Custard Wheat/Dairy	Kiwi and Orange	Crackers, Cheese and Ham Wheat/Dairy/Soya

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	Breakfast	Morning Snack	Lunch	Vegetarian & milk free alternative	Pudding	Afternoon Snack	Tea
Monday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Apples	Mince beef and onion pie with Carrot and swede mash Seasonal Vegetables Wheat/Dairy Wheat/Dairy/Soya	Vegetable Pie with Carrot and Swede Mash with Seasonal Vegetables Wheat/Soya	Lemon Sponge with Custard Wheat/Dairy/Egg	Teacakes	Scrambled Egg on Toast Wheat
Tuesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Sliced Melon	Vegetable Lasagne and sweetcorn with Garlic Bread Wheat/Dairy	Vegetable Lasagne and sweetcorn Wheat/Soya	Sticky Ginger Sponge with cream Wheat/Dairy/Egg	Sliced Oranges	Fishcakes and Spaghetti Wheat
Wednesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Crumpets	Pizza Swirls, Wedges and Sweetcorn Wheat/Dairy/Soya	Pizza Swirls, Wedges and Sweetcorn	Raspberry Loaf Cake Wheat/Soya	Bread Sticks & Hummus Dairy/Wheat	Cream of Tomato Soup with Crusty Rolls Wheat
Thursday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Pears	Roast of the Day, Roast Potatoes, Mixed Vegetables & Yorkshire Puddings Wheat/Egg	Roast Quorn, Roast Potatoes, Mixed Vegetables Wheat/Egg	Fruit and Honey Yoghurt Dairy	Carrots and Cucumber Sticks & Creamed Cheese Dairy	Macaroni Cheese & Sweetcorn Wheat/Dairy
Friday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast Wheat/Dairy/Soya	Banana	Meatballs with Tomato and Basil Sauce & Spaghetti Wheat	Quorn Meatballs Tomato and Basil Sauce & Spaghetti Wheat/Dairy/Egg	Winter Fruit Crumble Custard Wheat/Soya/Egg	Rice Cakes and Cream cheese Wheat/Soya/Dairy	Assorted Sandwiches & Salad Wheat/Dairy