

# 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 <b>Wheat/ Dairy/ Soya</b>	Apples & Oranges	Chicken and Vegetable pasta bake with Garlic Bread <b>Dairy/Wheat</b>	Quorn Chicken and Vegetable bake with Garlic Bread <b>Wheat/Soya</b>	Apple Oat Crumble & Ice Cream <b>Wheat/Dairy/Soya</b>	Crumpets <b>Wheat</b>	Egg and Mushroom Cups With Carrot & Cucumber Fruit <b>Wheat/ Milk/ Soya/ Egg/ Fish</b>
Tuesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Wholemeal Pitta and Tuna Dip <b>Wheat/ Soya</b>	Roast chicken Salad with homemade Slaw <b>Dairy</b>	Quorn Chicken Salad with homemade Slaw	Greek Yoghurt and Mixed Berries <b>Dairy</b>	Melon	Picnic Platter <b>Wheat/Dairy</b>
Wednesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Rice cakes	Beef Meatballs, Vegetables and Spaghetti <b>Wheat</b>	Veggie Meatballs, Vegetables and Spaghetti <b>Egg/ Soya/ Wheat</b>	Chocolate and beetroot Brownies <b>Wheat/ Milk/ Soya</b>	Pears <b>Barley/ Wheat</b>	Savoury Tarts with Celery and Pepper sticks <b>Wheat/Soya/Dairy</b>
Thursday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Wholemeal Toast <b>Wheat/Soya</b>	Quiche, Wedges & Salad <b>Wheat/ Egg/ Soya/ Milk</b>	Bean Pattie, Wedges and Salad <b>Soya</b>	Assorted Fruit <b>Dairy</b>	Rice Cakes & Cream Cheese <b>Dairy/Soya</b>	Fishcakes & Vegetable Cous Cous <b>Wheat/ Fish</b>
Friday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Breadsticks	Jacket Potatoes, Tuna, Cheese & Salad <b>Dairy</b>	Jacket Potatoes, Dairy free cheese and Beans Apple Crumble & Dairy free Ice Cream <b>Soya</b>	Blueberry Muffin <b>Wheat/ Egg/ Dairy</b>	Kiwi & Orange	Bagels & Cream Cheese <b>Wheat/Soya/Dairy</b>

# 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 <b>Wheat/ Dairy/ Soya</b>	Apples & Oranges	Spaghetti Bolognese, Spaghetti & Garlic Bread <b>Wheat/ Milk</b>	Quorn Bolognese, Spaghetti & Garlic Bread <b>Wheat/ Milk/ Soya</b>	Oat Biscuits <b>Wheat/ Milk/ Soya</b>	Crumpets <b>Wheat</b>	Cheese/Ham Crackers with Apple <b>Wheat/ Milk/ Soya</b>
Tuesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Breadsticks	Pizza Swirls with Salad and Wedges <b>Wheat/Dairy</b>	Pizza Swirls with Salad and Wedges <b>Wheat/soya</b>	Peaches & Yoghurt <b>Milk/ Soya</b>	Pear & Kiwi	Fish Finger Sandwiches <b>Fish/ Wheat/ Milk/ Soya</b>
Wednesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Pears	Chicken & Veg Wraps with Mexican Rice <b>Wheat</b>	Beans and Veg Wraps with Mexican Rice <b>Wheat/ Soya</b>	Banana Loaf <b>Egg/ Milk</b>	Vegetable Batons	Quorn Pasta Salad <b>Wheat/Egg/Milk/Soya</b>
Thursday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Crumpets <b>Wheat</b>	Chicken and Mushroom with Vegetables Pie <b>Dairy/Wheat</b>	Vegetable Pie <b>Wheat/ Soya</b>	Healthy Oat Peach Crumble <b>Wheat/ Dairy</b>	Apples & Oranges	Soup of the Week
Friday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Melon & Kiwi	Tuna Pasta Bake <b>Wheat/Dairy</b>	Pasta Salad <b>Wheat</b>	Fruit <b>Dairy/ Wheat/ Egg/ Milk</b>	Rice Cakes & Cream Cheese <b>Milk/ Soya</b>	Pizza Crumpets <b>Wheat/ Milk/ Soya</b>

\*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.

# 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 <b>Wheat/ Dairy/ Soya</b>	Tea Cakes	5 Bean Chili with Potato wedges and salad		Yogurt with Fruit puree <b>Milk/ Soya</b>	Apples & Oranges	Ham and Cheese Panini's <b>Wheat/ Milk/ Soya/ Egg</b>
Tuesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Apples & Oranges	Sweet & Sour Chicken with Rice	Sweet & Sour Quorn with Rice <b>Soya</b>	Flapjacks <b>Wheat</b>	Cheesy Muffins and cucumber sticks	Lentil and broccoli pasta <b>Wheat/Dairy</b>
Wednesday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Melon	Turkey Burgers, Wedges & Sweetcorn <b>Egg</b>	Meat Free Burgers, Wedges & Sweetcorn <b>Barley/ Soya</b>	Summer Fruit Crumble <b>Wheat/ Milk/ Soya</b>	Breadsticks & Hummus <b>Barley/ Wheat</b>	Spaghetti on Toast <b>Wheat/ Soya</b>
Thursday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Crumpets <b>Wheat</b>	Curry of the week with Rice <b>Wheat/ Dairy</b>	Curry of the week	Fruit <b>Wheat/ Milk/ Egg</b>	Melon	Chicken Goujons and Cous Cous <b>Wheat</b>
Friday	Assorted breakfast cereal's with either cow's milk, soya milk or oat milk <b>Wheat/ Dairy/ Soya</b>	Kiwi & Pear	Beef Lasagne & Salad <b>Wheat/ Milk</b>	Vegetable Lasagne & Salad <b>Wheat/ Soya</b>	Jelly & Ice Cream <b>Milk/ Soya</b>	Rice Cakes & Cream Cheese <b>Milk/ Soya</b>	Tuna Mayo and Egg Mayo open Sandwiches <b>Wheat/ Milk/ Soya/ Fish/ Egg</b>

\*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.

# Winter 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 Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Pitta Bread and Hummous	Sweet Potato & Butternut Pasta Bake with Homemade Garlic Bread  <b>Wheat/ Dairy/Soya</b>	Sweet Potato & Butternut Pasta Bake with Homemade Garlic Bread  <b>Wheat/Soya</b>	Apple Crumble with Creamy Custard  <b>Wheat/Dairy</b>	Sliced Melon	Bagels with Cream cheese  <b>Wheat</b>
Tuesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Crispbreads	Chinese chicken curry with rice and Chappatis	Quorn chicken curry with rice and Chappatis	Yoghurt and Fruit  <b>Wheat/Dairy/Egg</b>	Apples	Tomato and vegetable pasta bake  <b>Wheat</b>
Wednesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Melon	Savoury Mince & Vegetable Cobbler with Mashed Potato <b>Wheat/Dairy</b>	Savoury Vegetable Cobbler with Mashed Potato <b>Wheat/Soya</b>	Jam Sponge and Custard <b>Wheat/Dairy/Egg</b>	Breadsticks & Hummus  <b>Dairy/Wheat</b>	Jacket Potato Tuna & Cheese  <b>Dairy</b>
Thursday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Crackers with Butter	Roast of the day with vegetables and Yorkshire puddings	Quorn Roast with Vegetables	Fruit Flap Jack  <b>Wheat</b>	Carrot & Cucumber Sticks with Cream Cheese  <b>Dairy</b>	Pizza Swirls with vegetables
Friday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Apples	Chicken and Vegetable pie with new potatoes and broccoli  <b>Dairy</b>	Quorn Chicken and Vegetable pie with Mash Potato and Brocoli  <b>Dairy/Soya</b>	Rice Pudding with Mixed Fruit	Crackers	Toasties  <b>Wheat/Dairy</b>

## Winter menu - week 2

\*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 Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Sliced Melon	Corned Beef Hash and Yorkshire Puddings	Vegetable Hash  <b>Wheat/Soya</b>	Fruit	Tuna dip and pitta	Frittata
Tuesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Breadsticks	Cottage Pie, Broccoli & Cauliflower	Vegetarian Shepherd's Pie Broccoli & Cauliflower	Semolina with Jam	Bananas	Beans and Toast  Wheat/Dairy
Wednesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Sliced Pear	Homemade Breaded Fish, Homemade sweet potato wedges & Peas  <b>Wheat/Fish</b>	Vegetarian Quorn fillet with Homemade sweet potato wedges and Peas  <b>Wheat</b>	Banana muffins  <b>Wheat</b>	Breadsticks & Hummus  <b>Dairy/Wheat</b>	Quorn Chicken, Tomato, & Cucumber Pasta  <b>Wheat/Dairy</b>
Thursday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Rice cakes with Cream cheese  <b>Dairy/Wheat</b>	African sweet potato stew with crusty bread  <b>Wheat</b>	African sweet potato stew with crusty bread  <b>Wheat</b>	Oat & Raisin Cookies  <b>Wheat</b>	Carrots and Cucumber Sticks	English Muffins with cream cheese Cucumber and Carrot <b>Dairy</b>
Friday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Crumpets  <b>Wheat</b>	Chicken Casserole & Dumplings  <b>Wheat</b>	Vegetable Casserole & Dumplings Wheat  Apple Pie with Dairy free Custard  <b>Wheat/Soya</b>	Apple and blackberry Pie with Custard  <b>Wheat/Dairy</b>	Kiwi and Orange	Crackers, Cheese and Ham  <b>Wheat/Dairy/Soya</b>

## Winter menu - week 3

\*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 Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Apples	Mince beef and onion pie with Carrot and swede mash Seasonal Vegetables Wheat/Dairy  <b>Wheat/Dairy/Soya</b>	Vegetable Pie with Carrot and Swede Mash with Seasonal Vegetables  <b>Wheat/Soya</b>	Lemon Sponge  <b>Wheat/Dairy/Egg</b>	Teacakes	Quesadillas  <b>Wheat</b>
Tuesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Hummous and Vegetable fingers	Vegetable Lasagne and sweetcorn with Garlic Bread  <b>Wheat/Dairy</b>	Vegetable Lasagne and sweetcorn  <b>Wheat/Soya</b>	Bread and Butter pudding  <b>Wheat/Dairy/Egg</b>	Sliced Oranges	Fishcakes and Spaghetti <b>Wheat</b>
Wednesday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Crumpets	Meat koftas with Cous cous and mint yoghurt  Wheat/Dairy/Soya	Black bean and Lentil Koftas with cous cous	Raspberry Loaf Cake  <b>Wheat/Soya</b>	Bread Sticks & Hummus  <b>Dairy/Wheat</b>	Tomato and Roasted red pepper soup and Crusty Bread <b>Wheat</b>
Thursday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Pears	Roast of the Day, Roast Potatoes, Mixed Vegetables & Yorkshire Puddings  <b>Wheat/Egg</b>	Roast Quorn, Roast Potatoes, Mixed Vegetables  <b>Wheat/Egg</b>	Fruit and Honey Yoghurt  <b>Dairy</b>	Carrots and Cucumber Sticks & Creamed Cheese  <b>Dairy</b>	Macaroni Cheese & Sweetcorn  <b>Wheat/Dairy</b>
Friday	Assorted Cereal & Whole Milk Or Fresh Fruit & Wholemeal Toast  <b>Wheat/Dairy/Soya</b>	Celery and guacamole	Chilli and Rice with Pitta Bread	Vegetarian Chilli and Rice with pitta bread	Winter Fruit Crumble and Custard  <b>Wheat/Soya/Egg</b>	Rice Cakes and Cream cheese  <b>Wheat/Soya/Dairy</b>	Assorted Sandwiches & Salad  <b>Wheat/Dairy</b>