

Menu

Summer 2017



Week 1

Day	Breakfast	Snack	Lunch	Snack	Tea	Snack
Mon	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Chicken Tikka Masala Or Quorn Tikka Masala VEG Served With Scented Rice, Broccoli, Cauliflower, Peas, Spinach And Homemade Naan Bread Apple And Cinnamon Snaps FSA Allergy List 2,4,7,13	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Rigatoni Pasta in a Tomato And Mascarpone Sauce With Roasted Red Peppers VEG Homemade Roasted Garlic Focaccia Fresh Fruit And Yogurt FSA Allergy List 2,4,7,13	Child Choice Cracker Snack
Tues	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Lamb And Mint Sausages Or Roasted Sweet Potato, Lentil And Parmesan Sausages VEG Served With Creamy Mashed Potatoes And Homemade Baked Beans Lemon Drizzle Cake FSA Allergy List 1, 2, 7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Wholemeal Pizzas With Hidden Veggie Tomato Sauce VEG Loaded With Peppers, Corn ,cherry tomatoes And Mozzarella Cheese Served With Crunchy Vegetable Sticks Fresh Fruit And Yogurt FSA Allergy List 1, 2,4,7,13	Child Choice Cracker Snack
Wed	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Chunky Beef Tacos Or Roasted Vegetable And Quorn Tacos VEG Served With Spiced Wedges, Green Beans, Peas, Broccoli, Sour Cream, Grated Cheese In A Homemade Taco Shell Vanilla Pannacotta With Crunchy Topping Fsa Allergy List 2, 7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Macaroni Cheese With Cherry Tomatoes VEG Served With Homemade Garlic Dough Balls Fresh Fruit And Yogurt FSA Allergy List 2,7,9	Child Choice Cracker Snack
Thurs	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Turkey Parmigiana Or Quorn Parmigiana VEG Served With Linguine Pasta With A Parsley Butter, Seasonal Vegetables And Baby Plum Tomato Chutney Cupcake Selection FSA Allergy List 1,2,4,7,13	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Mini Beef Sliders Or Mini Mixed Bean Sliders VEG Served With Melting Cheese In A Homemade Seeded Bun With Sliced Cucumber Fresh Fruit And Yogurt FSA Allergy List 1,2,4,7	Child Choice Cracker Snack
Fri	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Puff Pastry Topped Creamy Fish Pie Or Puff Pastry Topped Creamy Quorn And Leek Pie VEG Served With Potatoes, Peas, Sweet Corn And Carrots Viennese swirls FSA Allergy List 1, 2,4,5,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Homemade Minestrone (Lentils) Soup VEG Served With Homemade Ham And Cheese Straws And Crusty Bread Fresh Fruit And Yogurt FSA Allergy List 1, 2, 7	Child Choice Cracker Snack
	Water/Fruit Juice	Milk/Water	Water	Milk/Water	Water/Fruit Juice	Water

Water is available throughout the day; all fruit juice is diluted 50/50. Foods highlighted indicate - PINK = Protein Foods, YELLOW = Starchy Foods, GREEN = Fruits and Vegetables, BLUE = Dairy foods, PURPLE = Deserts. VEG = Vegetarian Alternative Available.

☆ = Childhood Favourite made from scratch and with added goodness. All dietary requirements are catered for wherever possible. Menu is subject to change depending on the availability of ingredients, seasonal vegetables are used although substitutions may be made where they are not available.

Food Standard Agency (FSA) Allergy List: 1 - Celery, 2 - Gluten(NGCI), 3 - Crustaceans, 4 - Eggs, 5 - Fish, 6 - Lupin, 7 - Milk, 8 - Molluscs, 9 - Mustard, 10 - Nuts, 11 - Peanuts, 12 - Sesame Seeds, 13 - Soya, 14 - Sulphur dioxide

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Summer 2017



Week 2

Day	Breakfast	Snack	Lunch	Snack	Tea	Snack
Mon	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Chunky Moroccan Lamb Stew With Apricots And Dates Or Roasted Peppers, Apricots, Date And Soya Bean Stew VEG Served With Cous Cous And Homemade Flat Bread Homemade Chocolate And Beetroot FSA Allergy List 1, 2, 7,14	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Homemade baked beans with hidden vegetables On Mini Homemade Courgette Bagels VEG Served With Grated Cheese And Sliced Cucumber Fresh Fruit And Yogurt FSA Allergy List 1,2,4	Child Choice Cracker Snack
Tues	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Roasted Garlic Chicken Or Roasted Garlic Quorn Served With Tomato And Mozzarella Arancini Broccoli, Carrot And Petit Pois VEG Carrot Cake Cream Cheese topping FSA Allergy List 1, 2,4, 7,14	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Build Your Own Mexican fajitas With A Choice Of Fillings Beef, Roasted Chargrill Vegetables VEG Served Shredded Iceberg And Flavoured Mayo Fresh Fruit And Yogurt FSA Allergy List 1, 2, 7	Child Choice Cracker Snack
Wed	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Lemon And Dill Crusted Fish Or Herb Crusted Quorn VEG Served With Sliced New Potatoes And Seasonal Vegetables And A Tomato And Basil Sauce Vanilla And Raspberry Crumble Cake FSA Allergy List 1, 2,4,5,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Selection Of Sandwiches In Homemade Flavoured Breads Tuna And Sweet Corn, Cream Cheese And Cucumber, Egg And Cress Served With Crudités And Homemade Cheese Straws VEG Fresh Fruit And Yogurt FSA Allergy List 1, 2, 7	Child Choice Cracker Snack
Thurs	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Beef Bolognaise And Hidden Vegetables Or Vegetable And Lentil Bolognaise VEG Served With Spaghetti Pasta, And Homemade Garlic Focaccia Bread Oat And Maple Cookies FSA Allergy List 1, 2, 7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Mackerel in homemade Baps Served With Homemade Tartar Sauce And Corn Of The Cob VEG Fresh Fruit And Yogurt FSA Allergy List 1, 2,4,5	Child Choice Cracker Snack
Fri	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Glazed Gammon Or Glazed Tofu/Quorn VEG Served With Homemade Gravy New Potatoes, Broccoli And Carrots Apple And Sultana Swiss Roll FSA Allergy List 1, 2,4,7,14	Fresh Fruit, Vegetable, Cheese And Cracker Platter FSA Allergy List 1, 2, 7	Turkey Chilli Con Carnie Or Quorn Chilli Con Carnie VEG Served With Oven Baked Crinkle Cut Potato Chips And Grated Cheese Fresh Fruit And Yogurt FSA Allergy List 1, 2, 7	Child Choice Cracker Snack
	Water/Fruit Juice	Milk/Water	Water	Milk/Water	Water/Fruit Juice	Water

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Week 3

Day	Breakfast	Snack	Lunch	Snack	Tea	Snack
Mon	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Homemade Cheese And Onion Pasty VEG Served With Tomato Sauce, Parmentier Potatoes Peas ,Corn And Carrots Banana And Chocolate Pinwheels FSA Allergy List 1,2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Homemade Hot Dogs A Caramelised Onion And Pork Or Roasted Pepper And Lentil VEG Served In Homemade Buns And Topped With Apple Chutney, With Baby Leaf Salad With Cucumber Rounds And Sliced Peppers Fresh Fruit And Yogurt FSA Allergy List 1, 2,	Child Choice Cracker Snack
Tues	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Beef Lasagne Or Red Lentil Lasagne VEG Served With Seasonal Vegetables, A Summer Salad And Homemade Ciabatta Bread Pineapple Upside Down FSA Allergy List 1, 2, 7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Homemade Pumpkin And Paprika Bagels Filled with Roasted Vegetables And Melting Cheese VEG Served With homemade Coleslaw Fresh Fruit And Yogurt FSA Allergy List 1, 2,4,7	Child Choice Cracker Snack
Wed	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Creamy Buttered Chicken Or Creamy Buttered Quorn/Tofu VEG Served With Braised Rice And Carrot And Coriander Flat Bread Apple Crumble Cake FSA Allergy List 2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Homemade Thin And Crispy Pizza Béchamel Sauce, Flaked Ham, Parmesan And Parsley Or Béchamel Sauce, Garlic Mushroom, Soya Bean, Parmesan And Parsley VEG Served With Crunchy Vegetable Sticks Fresh Fruit And Yogurt FSA Allergy List 1, 2, 7,13	Child Choice Cracker Snack
Thurs	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Poached Fish In A Parsley Cream VEG Served With Mini Jacket Potatoes Broccoli, Cauliflower And Crinkle Cut Carrots Bourbon Biscuits FSA Allergy List 1, 2,4,7,14	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Lamb And Beetroot Patties Or Cheese, Sweet Potato And Lentil Patties VEG Served In A Homemade Bread Rolls With Mint Yogurt, Crinkle Cut Potato Wedges Cucumber Rounds Fresh Fruit And Yogurt FSA Allergy List 1, 2, 7	Child Choice Cracker Snack
Fri	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Turkey Milanese Or Quorn Milanese VEG Served With A Warm Potato Salad, Roasted Garlic Mayonnaise, Peas, Corn And Crinkle Cut Carrots Sticky Toffee Cupcakes FSA Allergy List 1,2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Carrot And Courgette Muffins Filled With Cream Cheese VEG Served With A Tomato, Parmesan And Basil Pasta Fresh Fruit And Yogurt FSA Allergy List 1, 2, 7	Child Choice Cracker Snack
	Water/Fruit Juice	Milk/Water	Water	Milk/Water	Water/Fruit Juice	Water

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Week 4

Day	Breakfast	Snack	Lunch	Snack	Tea	Snack
Mon	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Beef Chilli Con Carnie Or Quorn Chilli Con Carnie VEG Served With Vegetable Rice , Green Beans, Broccoli And A Homemade Tortilla Crunch Apple And Raspberry Ripple Cake FSA Allergy List 1,2,4,7,14	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Penne Pasta In A Neapolitan Sauce VEG Served With Grated Cheese And Homemade Garlic Ciabatta Bread And Baby Leaves Fresh Fruit And Yogurt FSA Allergy List 1, 2, 7	Child Choice Cracker Snack
Tues	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Homemade Oven Baked Breaded Cod Fish Finger VEG Served With Oven Baked Potato Wedges , Peas, Sweet Corn And Homemade Ketchup Orange And Chocolate Marble Cake FSA Allergy List 1,2,4,5,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Homemade Veggie Enchiladas VEG Served With Shredded Iceberg Fresh Fruit And Yogurt FSA Allergy List 1, 2,4,7	Child Choice Cracker Snack
Wed	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Sicilian Lamb Meat Balls Or Sicilian Spiced Vegetable Balls Served With Spaghetti Pasta Dressed With Garlic And Parsley With Carrots, Courgettes And Broccoli And A Homemade Focaccia Bread Jelly And Oaty Granola FSA Allergy List 1,2,4,7,14	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Tuna Melts Or Cheese And Tomato Melts VEG On Homemade Bread Served With Crinkle Cut Cucumber Fresh Fruit And Yogurt FSA Allergy List 1, 2,4,5,7	Child Choice Cracker Snack
Thurs	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Lemon Thyme Chicken Or Lemon Thyme Tofu/Quorn VEG Served With Hassel Back Potatoes, Carrots, Broccoli And A chive butter sauce Chocolate And Orange Jammy Dodgers FSA Allergy List 1, 2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Homemade English Muffins Topped With Baby Plum Tomatoes And Melting Cheese VEG Served With A Cucumber And Baby Leaf Salad Fresh Fruit And Yogurt FSA Allergy List 1, 2,	Child Choice Cracker Snack
Fri	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Sausage And Apricot Platt Or Roasted Vegetable And Tofu Platt VEG Served With Saute New Potatoes, Seasonal Vegetables And Homemade Gravy Madeira Cake With Cherries And Coconut FSA Allergy List 1, 2,4,	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Loaded Cheese And Ham Potato Skins Or Baby Plum Tomato And Parmesan Potato Skins VEG Served With Mustard Mayonnaise Dip And Crinkle Cut Cucumber Slices Fresh Fruit And Yogurt FSA Allergy List 1, 2, 7,9	Child Choice Cracker Snack
	Water/Fruit Juice	Milk/Water	Water	Milk/Water	Water/Fruit Juice	Water

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