

Week 1	Snack & Lunch Menu				
	Snack	Lunch	Ingredients	Dessert	Ingredients
Monday	Pear & Orange	Tuna Pasta Bake cucumber & pepper sticks	Tuna, sweetcorn, peas, onion, penne pasta, oregano, Vitalite spread, cheese E F C G M	Cheesecake	Digestive biscuits, Vitalite spread, cream cheese, double cream, icing sugar, vanilla CG M
Tuesday	Apple & Banana	Meat Loaf Mashed potato & peas	Minced beef, onion, carrot, oregano, garlic, tomato puree, breadcrumbs, black peeper, mustard, balsamic vinegar CG E M MU SD	Fruit Trifle	Jelly, strawberries, peaches, blueberries, milk, custard powder, whipping cream M
Wednesday	Fruit Bread E D C G S	Roast Chicken Roast potatoes, vegetables & Yorkshire pudding	Chicken breast, potatoes, gravy, flour CG E M S	Peaches	Semolina, milk, sugar, tinned peaches CG M
Thursday	Orange & Banana	Cheese and Vegetable Omelette Oven chips & baked beans	Eggs, cheese, cherry, tomatoes, mixed peppers, peas, broccoli, black pepper, chives E M	Fresh Fruit Salad	Melon, orange, kiwi, apples, plums, pears, lime & lemon juice
Friday	Melon & Apple	Beef & Vegetable Lasagne Garlic bread	Minced beef, pasta, red onion, garlic, butternut squash, carrots, mixed peppers, courgette, tomato, tomato puree, basil, oregano, béchamel sauce, cheese E C G M SD	Blueberry Yoghurt	Natural yoghurt, blueberries M

Week 1	Snack & Vegetarian Lunch Menu				
	Snack	Lunch	Ingredients	Dessert	Ingredients
Monday	Pear & Orange	Vegetable & Puy Lentil Pasta Bake Cucumber & pepper sticks	Penne pasta, puy lentils, sweetcorn, peas, carrot, mushrooms, onions, cheese, milk, flour, E F C G M	Cheesecake	Digestive biscuits, Vitalite spread, cream cheese, icing sugar CG M
Tuesday	Apple & Banana	Minced Quorn Loaf Mashed potato & peas	Minced quorn, onion, carrot, garlic, tomato puree, breadcrumbs, black pepper, mustard, balsamic vinegar CG E M MU SD	Fruit Trifle	Peaches, strawberries, blueberries, milk, custard powder, whipping cream M
Wednesday	Fruit Bread E D C G S	Roast Chicken Style Quorn Roast potatoes, vegetables & Yorkshire pudding	Diced chicken style quorn, vegetable selection, potatoes, gravy, flour, milk CG E M S	Peaches	Semolina, milk, sugar, tinned peaches CG M
Thursday	Orange & Banana	Cheese and Vegetable Omelette Oven chips & baked beans	Eggs, cheese, cherry, tomatoes, mixed peppers, peas, broccoli, black pepper, chives E M	Fresh Fruit Salad	Melon, orange, kiwi, apples, plums, pears, lime & lemon juice
Friday	Melon & Apple	Minced Quorn & Vegetable Lasagne Garlic bread	Minced quorn, pasta, red onion, garlic, butternut squash, carrots, mixed peppers, courgette, tomato, tomato puree, basil, oregano, béchamel sauce, cheese CG E M SD	Blueberry Yoghurt	Natural yoghurt, blueberries M

Week 1	Snack & Tea Menu				
	Snack	Tea	Ingredients	Dessert	Ingredients
Monday	Apple Cheese Spread on crackers M CG	Cheese & Onion Frittata Green beans	Eggs, cheese, milk, onions, pepper E M	Yeo Valley Strawberry Yoghurt	Strawberries, elderberry juice, lemon juice M
Tuesday	Grapes Homemade hummus & pitta CG	Selection of sandwiches Vegetable batons	Typical fillings: cheese, ham, chicken, tuna mayo, egg mayo, vegetable pate, marmite, jam on Wholemeal, white or seeded bread CG E M F	Homemade Fruity Flapjacks	Vitalite spread, oats, honey, banana, apple, raisin, apricot CG M
Wednesday	Banana Rice cakes	Butternut Squash & Potato Soup Homemade wholemeal roll	Butternut squash, potato, onion, garlic, pepper, cream, flour, yeast, salt, sugar CG M	Chocolate Chip Cookie	Chocolate chips, sugar, flour, vanilla extract, brown sugar, vitalite CG E M
Thursday	Apple Popcorn	Napolitana Pasta Bake & grated cheese	Tomato, lentils, oregano, onion, garlic, carrot, olive oil, black pepper, penne pasta, cheese E M	Natural Yoghurt with Vanilla	Milk, vanilla extract M
Friday	Banana sandwich CG	Margherita Pizza Sweetcorn	Tomato (passata), garlic, flour, olive oil, yeast, grated cheese CG M	Banana & Ice-Cream	Banana M

Week 1	Snack & Vegetarian Tea Menu				
	Snack	Tea	Ingredients	Dessert	Ingredients
Monday	Apple Cheese Spread on crackers M CG	Cheese & Onion Frittata Green beans	Eggs, cheese, milk, onions, pepper E M	Yeo Valley Strawberry Yoghurt	Strawberries, elderberry juice, lemon juice M
Tuesday	Grapes Homemade hummus & pitta CG	Selection of sandwiches Vegetable batons	Typical fillings: cheese, egg mayo, vegetable pate, marmite, jam, on Wholemeal, white or seeded bread CG E M	Homemade Fruity Flapjacks	Vitalite spread, oats, honey, banana, apple, raisin, apricot CG M
Wednesday	Banana Rice cakes	Butternut Squash & Potato Soup Homemade wholemeal roll	Butternut squash, potato, onion, garlic, pepper, cream, flour, yeast, salt, sugar CG M	Chocolate Chip Cookie	Chocolate chips, sugar, flour, egg, vanilla extract, brown sugar, vitalite M
Thursday	Apple Popcorn	Napolitana Pasta Bake & grated cheese	Tomato, lentils, oregano, onion, garlic, carrot, olive oil, black pepper, penne pasta, cheese E M	Natural Yoghurt with Vanilla	Milk, vanilla extract M
Friday	Banana sandwich CG	Margherita Pizza Sweetcorn	Tomato (passata), garlic, flour, olive oil, yeast, grated cheese CG M	Banana & Ice-Cream	Banana M

Week 2	Snack & Lunch Menu				
	Snack	Lunch	Ingredients	Dessert	Ingredients
Monday	Apple & Kiwi	Caribbean Chicken Fruity Rice	Diced chicken breast, onions, carrots, celery, mushrooms, peppers, peaches, corn flour, paprika, brown rice, sultanas CS CG	Mango Pudding	Greek yoghurt, pureed mango, honey M
Tuesday	Melon & Pear	Creamy Fish Pasta Side Salad of cucumber, tomato & carrots	Flaked White fish, peas, carrots, penne pasta, vitalite, milk, flour, parsley, peppers, cheese FCG M E	Fruit Salad	Melon, orange, kiwi, apples, plum, pears, lemon/lime juice
Wednesday	Banana & Orange	Toad in the hole Potato & swede mash, peas & gravy	Cocktail sausages, flour, milk, eggs, mustard, potato, swede, peas, gravy CG M E	Fruit Trifle	Jelly, strawberries, peaches, blueberries, milk, custard, cream M
Thursday	Apple & Pear	Beef Moussaka Green beans	Beef mince, onion, garlic, tomatoes, courgette, potatoes, tomato puree, oregano, vitalite, flour, milk, cheese M CG	Custard	Banana, milk, custard powder M
Friday	Grapes & Kiwi	Lamb Stew with Lentils Cous cous	Lamb, lentils, onions, carrots, swede, potatoes, broccoli, celery, rosemary C	Peaches & Ice Cream	Peaches, ice cream M

Week 2	Snack & Vegetarian Lunch Menu				
	Snack	Lunch	Ingredients	Dessert	Ingredients
Monday	Apple & Kiwi	Caribbean Quorn Style Chicken Fruity Rice	Diced quorn style chicken onions, carrots, celery, mushrooms, peppers, peaches, corn flour, paprika, brown rice, sultanas CS CG	Mango Pudding	Greek yoghurt, pureed mango, honey M
Tuesday	Melon & Pear	Creamy Vegetable Pasta Side Salad of cucumber, tomato & carrots	Mixed vegetables, penne pasta, vitalite, milk, flour, parsley, peppers, cheese FCG M E	Fruit Salad	Melon, orange, kiwi, apples, plum, pears, lemon/lime juice
Wednesday	Banana & Orange	Quorn Toad in the hole Potato & swede mash, peas & gravy	Quorn Cocktail sausages, flour, milk, eggs, mustard, potato, swede, peas, gravy CG M E	Rice Pudding	Flaked rice, sugar, vanilla extract M
Thursday	Apple & Pear	Vegetable Moussaka Green beans	Selection of vegetables, onion, garlic, tomatoes, courgette, potatoes, tomato puree, oregano, vitalite, flour, milk, cheese C	Fruit Puree with Custard	Banana, custard powder M
Friday	Grapes & Kiwi	Tofu & Vegetable Stew with Lentils Cous cous	Tofu, lentils, onions, carrots, swede, potatoes, broccoli, celery, rosemary CS	Peaches & Ice Cream	Peaches, ice cream M

Week 2	Snack & Tea Menu				
	Snack	Tea	Ingredients	Dessert	Ingredients
Monday	Grapes & Rich Tea biscuit CG	Homemade Leek & Potato Soup Tiger Bread	Leek, potato, onion, vegetable stock Tiger bread CG M C	Ginger Cupcake	Flour, sugar, ground ginger, bicarbonate of soda, vitalite, golden syrup CG M E
Tuesday	Banana Sandwich CG M	Baked Beans on Toast Grated Cheese	Baked beans, bread, cheese CG M	Milk Jelly	Jelly M
Wednesday	Pear Cheese spread on crackers CG M	Ham Mushroom and Courgette Pasta Bake Sweetcorn	Ham, mushroom, courgette, onion, garlic, milk, flour, vitalite, pasta, cheese, sweetcorn M E CG	Rice Pudding	Flaked rice, sugar, vanilla essence M
Thursday	Fruit Bread E CG S	Smoked Mackerel Pate on Toast Vegetable Batons	Smoked mackerel, mascarpone, lime juice M	Yeo Valley Raspberry Yoghurt	Milk, raspberries, elderberry juice, lemon juice M
Friday	Apple Popcorn	Spanish Omelette & Baked Beans	Peas, mixed peppers, potato, onion E M	Homemade Shortbread	Vitalite, flour, sugar M C G

Week 2	Snack & Vegetarian Tea Menu				
	Snack	Tea	Ingredients	Dessert	Ingredients
Monday	Grapes & Rich Tea biscuit CG	Homemade Leek & Potato Soup Tiger Bread	Leek, potato, onion, vegetable stock Tiger bread CG M C	Ginger Cupcake	Flour, sugar, ground ginger, bicarbonate of soda, vitalite, golden syrup
Tuesday	Banana Sandwich CG M	Baked Beans on Toast Grated Cheese	Baked beans, bread, cheese CG M	Fromage Frais	Strawberry or apricot M
Wednesday	Pear Cheese spread on crackers CG M	Mushroom and Courgette Pasta Bake Sweetcorn	Mushroom, courgette, onion, garlic, flour, vitalite, pasta, cheese, sweetcorn M E CG	Rice Pudding	Flaked rice, sugar, vanilla essence CG S
Thursday	Fruit Bread E CG S	Vegetable Pate on Toast Vegetable Batons	Onion, garlic, coriander, vegetable stock, butternut squash, lentils M E	Yeo Valley Raspberry Yoghurt	Milk, raspberries, elderberry juice, lemon juice M
Friday	Apple Popcorn	Spanish Omelette & Baked Beans	Peas, mixed peppers, potato, onion, baked beans EM	Homemade Shortbread	Vitalite, flour, sugar CG M

Week 3	Snack & Lunch Menu				
	Snack	Lunch	Ingredients	Dessert	Ingredients
Monday	Banana Plum	Spaghetti Bolognaise	Minced Beef, spaghetti, onion, garlic, carrot, pepper, butternut squash, tomato, tomato puree, basil CG	Fruit Salad	Melon, orange, kiwi, apples, plums, pears, lemon/lime juice.
Tuesday	Melon Grapes	Roast Chicken Roast potatoes, vegetables & Yorkshire pudding	Chicken, potatoes, gravy, flour CG M E S	Homemade Chocolate Mouse	Chocolate, egg, cream, vitalite E M
Wednesday	Apple Pear	Fish Pie with Lentils Seasonal Vegetables	Cod, smoked haddock, salmon, carrots, peas, dill, tarragon, flour, milk, vitalite, potatoes, lentils CG F M	Carrot Cake	Vitalite, milk, sugar, flour, egg, carrots, cinnamon, cream cheese, icing sugar E M C G
Thursday	Cheese cubes Apple M	Sweet & Sour Chicken Rice	Chicken, sweetcorn, green beans, carrots, soya sauce, tomato, vinegar, sugar, corn flour, rice	Fruit Jelly	Strawberries, peaches, blueberries, Jelly
Friday	Banana Kiwi	Breaded Fish Goujons Chips & Mushy Peas	Cod, egg, milk, flour, breadcrumbs chips, peas CG F E M	Sultana Cake Custard	Flour, bicarbonate of soda, mixed spice, wholemeal flour, vitalite, brown sugar, sultanas, egg, milk CG E M

Week 3	Snack & Vegetarian Lunch Menu				
	Snack	Lunch	Ingredients	Dessert	Ingredients
Monday	Banana Plum	Quorn Style Spaghetti Bolognaise	Minced style quorn, spaghetti, onion, garlic, carrot, pepper, butternut squash, tomato, tomato puree, basil CG	Fruit Salad	Melon, orange, kiwi, apples, plums, pears, lemon/lime juice.
Tuesday	Melon Grapes	Roast Chicken Style Quorn Roast potatoes, vegetables & Yorkshire pudding	Quorn style chicken, potatoes, gravy, flour CG M E	Homemade Chocolate Mouse	Chocolate, egg, cream, vitalite E M
Wednesday	Apple Pear	Vegetable, Bean & Lentils Pie Seasonal Vegetables	Kidney beans, chick peas, lentils, carrots, peas, dill, tarragon, flour, milk, vitalite, potatoes CG M	Carrot Cake	Vitalite, milk, sugar, flour, egg, carrots, cinnamon, cream cheese, icing sugar CG M E
Thursday	Cheese cubes Apple M	Quorn Chicken Style Sweet & Sour Rice	Quorn style chicken, sweetcorn, green beans, carrots, soya sauce, tomato, vinegar, sugar, corn flour, rice CG S	Fresh fruit Natural yoghurt	Strawberries, peaches, blueberries
Friday	Banana Kiwi	Breaded Vegetable Goujons Chips & Mushy Peas	Carrots, pepper, onion, sweetcorn, peas, egg, milk, flour, breadcrumbs CG E M	Sultana Cake Custard	Flour, bicarbonate of soda, mixed spice, wholemeal flour, vitalite, brown sugar, sultanas, egg, milk CG M E

