

Second Half of Spring Term Menu

Daily vegetarian option available. Meals tailored to suit individual dietary requirements

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Daily choice of low sugar cereal selection & wholemeal toast Contains Barley Oats Rye Wheat Soya				
Morning snack from home					
Fruit or vegetable - raw or cooked. Unprocessed Cheese - Babybel not cheesestring. Plain rice cakes or bread sticks Please make sure food is cut correctly so it is not a choking hazard (see 'solid starts' for more info)					
Lunch	Chicken stir fry vegetables and noodles Natural yoghurt fruit Contains Wheat Eggs Milk Sesame Soya	Lamb and lentil shepherd's pie carrots and peas Natural yogurt fruit Contains Milk	Roast Turkey roast potatoes cabbage carrots Natural yoghurt fruit Contains Milk Wheat Soya	Meat free mince and mixed beans vegetable chilli and rice Natural yogurt fruit Contains Eggs Barley Soya Milk	Salmon broccoli and cauliflower pasta in creamy sauce Natural yoghurt fruit Contains Fish Milk Soya Wheat
Afternoon snack from home - see ideas of healthy options in morning snacks					
Tea	Sausage and chick pea casserole broccoli new potatoes Fruit selection Contains Wheat	Pepperoni pizza potato and carrot waffle cucumber and tomatoes Fruit selection Contains Wheat Gluten Milk	Mixed vegetable and bacon pasta cheesy bake Fruit selection Contains Milk Wheat	Sandwich egg tuna ham cheese cubes o Houmous veg sticks Fruit selection Contains Milk Wheat Egg Sesame Fish	Gnocchi with tomato and spinach sauce Fruit selection Contains Sulphites