

Week 1- Autumn Menu 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am-9am)	Wholemeal toast with sliced banana <u>ALLERGENS: 2 & 13</u>	Weetabix with milk and apple <u>ALLERGENS: 2 & 7</u>	Weetabix with milk and strawberries <u>ALLERGENS: 2 & 7</u>	Berry overnight oats with natural yoghurt and milk <u>ALLERGENS: 2 & 7</u>	Rice Crispies/ Cornflakes with milk and mandarins <u>ALLERGEN: 2 & 7</u>
Morning Snack (10am-10:30am)	Orange segments <u>ALLERGENS: NONE</u>	Crackers/rice cakes with soft cheese and apple slices <u>ALLERGENS: 2 & 7</u>	Carrot and cucumber sticks <u>ALLERGENS: NONE</u>	Hummus and carrot/ cucumber sticks <u>ALLERGENS: 12</u>	Berries (strawberry, blueberry, raspberry, blackberries) & breadsticks <u>ALLERGENS: 2</u>
Lunch (11:30-12pm)	Katsu chicken curry (broccoli, carrot, cauliflower) with naan bread <u>ALLERGENS: 2 & 13</u>	Vegetarian meatballs (pea protein) with ratatouille (courgette, tomatoes pepper, aubergine, tomatoes) & rice <u>ALLERGENS: None</u>	Fish pie (whitefish & salmon, mashed potato, sweetcorn, cheese) with green beans <u>ALLERGENS: 2, 5 & 7</u>	Beef chilli (tomatoes, peppers, kidney beans) with jacket potato <u>ALLERGENS: NONE</u>	Macaroni cheese with tofu and runner beans <u>ALLERGENS: 2 & 7</u>
	Strawberry/ raspberry tortillas with cream cheese <u>ALLERGENS: 2 & 7</u>	Shaped fruit biscuits <u>ALLERGENS: 2 & 7</u>	Sliced banana <u>ALLERGENS: NONE</u>	Peaches, oats and natural yoghurt <u>ALLERGENS: 2 & 7</u>	Prunes/ raisins, wholemeal bread & butter pudding with custard <u>ALLERGENS: 2 & 7</u>
Afternoon Snack (2-2:30pm)	Scrambled egg with chopped tomatoes and toast fingers <u>ALLERGENS: 2, 4 & 7</u>	Wholemeal pitta bread, yoghurt and pear sticks <u>ALLERGENS: 2 & 7</u>	Crackers/rice cakes with soft cheese & apples slices <u>ALLERGENS: 2 & 7</u>	Clementines and breadsticks <u>ALLERGENS: 2</u>	Hummus, carrot sticks & crackers <u>ALLERGENS: 2 & 12</u>
Tea (4-4:30pm)	Cheesy bean and potato pie with peas <u>ALLERGENS: 7</u>	Chicken bolognaise (onion, peppers, tomato, pasta) <u>ALLERGENS: 2</u>	Sandwiches/ tortilla wraps: Egg & cucumber, cream cheese Hummus, beetroot, cheese Cheese & tomato Carrot & peppers sticks <u>ALLERGENS: 2, 5 & 7</u>	Minted lamb hotpot (potato, broccoli, carrot, cauliflower) <u>ALLERGENS: NONE</u>	Fishcakes (white fish), mashed potato and peas <u>ALLERGENS: 2 & 5</u>
	Sliced banana and custard <u>ALLERGENS: 2</u>	Sliced oranges <u>ALLERGENS: None</u>	Fruit salad (strawberry, orange, kiwi, pineapple, melon) <u>ALLERGENS: NONE</u>	Shaped fruit biscuits <u>ALLERGENS: 2 & 7</u>	Sliced pineapple <u>ALLERGENS: NONE</u>

Drinks

- Milk is offered with breakfast and snacks
- Water is available throughout the day and is offered with all meals and snacks



=Starchy foods



=Fruits and vegetables



=Protein foods



=Dairy and alternatives

Allergens

- | | | |
|---------------|-----------------------------------|------------------|
| 1- Celery | 2- Cereals that contain gluten | 3- Crustaceans |
| 4- Eggs | 5- Fish | 6- Lupin |
| 7- Milk | 8- Molluscs | 9- Mustard |
| 10- Tree nuts | 11- Peanuts | 12- Sesame seeds |
| 13- Soybeans | 14- Sulphur dioxide and sulphites | |

Meals and snacks highlighted in yellow are created by children as part of a cooking activity



Week 2- Autumn Menu 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am-9am)	Apricot/ peach slices, natural yoghurt with wholemeal/white pitta <u>ALLERGENS: 2 & 7</u>	Weetabix made with milk and prunes/ pears <u>ALLERGENS: 2 & 7</u>	Rice Crispies/ Cornflakes with milk & clementines <u>ALLERGEN: 2 & 7</u>	Porridge, grated apple and milk <u>ALLERGENS: 2 & 7</u>	Low sugar/salt baked beans & wholemeal/white pitta pocket <u>ALLERGENS: 2 & 13</u>
Morning Snack (10am-10:30am)	Wholemeal bread, cream cheese and grated apple <u>ALLERGENS: 2 & 7</u>	Seasonal fruit and vegetables platter <u>ALLERGENS: NONE</u>	Melon slices <u>ALLERGENS: NONE</u>	Hummus and crackers/ rice cakes <u>ALLERGENS: 2 & 12</u>	Cheddar cheese and clementines <u>ALLERGENS: 7</u>
Lunch (11:30-12pm)	Sweet & sour chicken with pineapple and rice <u>ALLERGENS: NONE</u>	Cottage pie (beef, onion, carrot & potato) <u>ALLERGENS: NONE</u>	Vegetable pasta bake (carrot, onion, tomatoes, sweetcorn) with soyabeans <u>ALLERGENS: 2, 7 & 13</u>	Roast chicken, roast potatoes with carrots, peas and gravy <u>ALLERGENS: NONE</u>	Fish fingers, mashed potato, and baked beans <u>ALLERGENS: 2 & 5</u>
	Strawberry/ raspberry tortillas with cream cheese <u>ALLERGENS: 2 & 7</u>	Berry flapjack (summer berries, natural yoghurt, oats & milk) <u>ALLERGENS: 2 & 7</u>	Strawberry, pear & banana with jelly <u>ALLERGENS: 7</u>	Grated apple, natural yoghurt, raisins and oats <u>ALLERGENS: 2 & 7</u>	Scones with mashed strawberries & yoghurt/ crème fraîche <u>ALLERGENS: 2, 4 & 7</u>
Afternoon Snack (2-2:30pm)	Seasonal fruit and vegetables platter <u>ALLERGENS: NONE</u>	Crackers with soft cheese and cucumber sticks <u>ALLERGENS: 2 & 7</u>	Hummus and crackers <u>ALLERGENS: 2 & 12</u>	Strawberry/ raspberry tortillas with cream cheese <u>ALLERGENS: 2 & 7</u>	Pitta bread with cream cheese & grated carrot <u>ALLERGENS: 2 & 7</u>
Tea (4-4:30pm)	Fish pie (whitefish & salmon, mashed potato, sweetcorn, cheese) with green beans <u>ALLERGENS: 2, 5 & 7</u>	Macaroni cheese with tofu and runner beans <u>ALLERGENS: 2 & 7</u>	Vegetarian sausage and bean hotpot with mashed potato <u>ALLERGENS: 2 & 14</u>	Beef chilli (tomatoes, peppers, kidney beans) with jacket potato <u>ALLERGENS: NONE</u>	Katsu chicken curry (broccoli, carrot, cauliflower) with naan bread <u>ALLERGENS: 2 & 13</u>
	Frozen berry yoghurt <u>ALLERGENS: 7</u>	Pear slices <u>ALLERGENS: NONE</u>	Peach/ nectarine slices <u>ALLERGENS: NONE</u>	Melon slices <u>ALLERGENS: NONE</u>	Apple slices <u>ALLERGENS: NONE</u>

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4- Eggs

7- Milk

10- Tree nuts

13- Soybeans

2- Cereals that contain gluten

5- Fish

8- Molluscs

11- Peanuts

14- Sulphur dioxide and sulphites

3- Crustaceans

6- Lupin

9- Mustard

12- Sesame seeds

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Week 3- Autumn Menu 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am-9am)	Rice Crispies/ Cornflakes with milk and clementines <u>ALLERGEN: 2 & 7</u>	Blueberry breakfast muffins with yoghurt <u>ALLERGEN: 2, 4 & 7</u>	Strawberry and banana overnight oats with natural yoghurt and milk <u>ALLERGENS: 2 & 7</u>	Porridge with mixed berries and milk <u>ALLERGENS: 2 & 7</u>	Weetabix made with milk and apple <u>ALLERGENS: 2 & 7</u>
Morning Snack (10am-10:30am)	Peppers sticks <u>ALLERGENS: NONE</u>	Banana, cream cheese and rice cakes <u>ALLERGENS: 2 & 7</u>	Orange segments <u>ALLERGENS: None</u>	Pear and breadsticks <u>ALLERGENS: 2</u>	Mackerel & cream cheese dip, peppers & cucumber <u>ALLERGENS: 5 & 7</u>
Lunch (11:30-12pm)	Fishcakes (white fish), mashed potato and peas <u>ALLERGENS: 2 & 5</u>	Sandwiches/ tortilla wraps: Egg & cucumber, cream cheese Hummus, beetroot, cheese Cheese & tomato Carrot & peppers sticks <u>ALLERGENS: 2, 5 & 7</u>	Cheesy bean and potato pie with peas <u>ALLERGENS: 7</u>	Chicken bolognaise (onion, peppers, tomato, pasta) <u>ALLERGENS: 2</u>	Minted lamb hotpot (potato, broccoli, carrot, cauliflower) <u>ALLERGENS: NONE</u>
	Sliced orange <u>ALLERGENS: None</u>	Banana with natural yoghurt <u>ALLERGENS: 7</u>	Summer berries and custard <u>ALLERGENS: 7</u>	Sliced orange <u>ALLERGENS: NONE</u>	Rice pudding with sliced peaches <u>ALLERGENS: 7</u>
Afternoon Snack (2-2:30pm)	Crackers with sliced plums <u>ALLERGENS: 2</u>	Mackerel and cream cheese dip with cucumber sticks <u>ALLERGENS: 5 & 7</u>	Vegetable pizza (tortilla, cheese, tomato and sweetcorn) <u>ALLERGENS: 2, 7 & 13</u>	Cheese and clementines <u>ALLERGENS: 7</u>	Wholemeal pitta fingers, natural yoghurt & pear slices <u>ALLERGENS: 2 & 7</u>
Tea (4-4:30pm)	Sweet & sour chicken with pineapple & rice <u>ALLERGENS: NONE</u>	Vegetable pasta bake (carrot, onion, tomatoes, sweetcorn) with soyabeans <u>ALLERGENS: 2, 7 & 13</u>	Roast chicken, roast potatoes with carrots, peas and gravy <u>ALLERGENS: NONE</u>	Cottage pie (beef, onion, carrot & potato) <u>ALLERGENS: NONE</u>	Fish fingers, mashed potato, and baked beans <u>ALLERGENS: 2 & 5</u>
	Baked apple & Weetabix <u>ALLERGENS: 2 & 7</u>	Satsumas <u>ALLERGENS: None</u>	Sliced melon <u>ALLERGENS: None</u>	Sliced apple <u>ALLERGENS: None</u>	Sliced plum <u>ALLERGENS: None</u>

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