

Week 1- Summer Menu 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am-9am)	Weetabix with milk and apple <u>ALLERGENS: 2 & 7</u>	Rice Crispies with milk and pineapple <u>ALLERGEN: 2 & 7</u>	Weetabix with milk and mixed berries <u>ALLERGENS: 2 & 7</u>	Breakfast rice pudding with prunes <u>ALLERGENS: 2 & 7</u>	Porridge oats with milk and cherries <u>ALLERGENS: 2 & 7</u>
Morning Snack (10am-10:30am)	Crackers with soft cheese and pear slices <u>ALLERGENS: 2 & 7</u>	Hummus and cucumber sticks <u>ALLERGENS: 12</u>	Seasonal fruit and vegetables platter <u>ALLERGENS: NONE</u>	Pitta pizza with tomato, sweetcorn & cheese <u>ALLERGENS: 2 & 7</u>	Breadsticks with cream cheese and orange <u>ALLERGENS: 2, 7, 12, 13</u>
Lunch (11:30-12pm)	Vegetable ragu (mixed beans, tomatoes, carrot, peppers & broccoli) with jacket potato <u>ALLERGENS: None</u>	Vegetarian cottage pie (soya mince, carrot, peas, swede, peppers and potato) <u>ALLERGENS: 13</u>	Macaroni cheese with tofu and runner beans <u>ALLERGENS: 2, 7 & 13</u>	Salmon and peas risotto <u>ALLERGENS: 2, 5 & 7</u>	Tomato and basil chicken with broccoli and wholemeal pitta bread <u>ALLERGENS: 2, 5 & 7</u>
	Sliced banana <u>ALLERGENS: NONE</u>	Rice pudding and cherries <u>ALLERGENS: 7</u>	Baked peach/mango and Weetabix slices made with milk <u>ALLERGENS: 2 & 7</u>	Banana and custard <u>ALLERGENS: 2 & 7</u>	Prunes/ raisins, wholemeal bread & butter pudding with custard <u>ALLERGENS: 2, 7 & 13</u>
Afternoon Snack (2-2:30pm)	Hummus & cucumber sticks <u>ALLERGENS: 12</u>	Breadsticks with cream cheese and orange <u>ALLERGENS: 2, 7, 12, 13</u>	Rice cakes with cream cheese & quartered grapes <u>ALLERGENS: 2, 7 & 13</u>	Crackers bruschetta (soft cheese, tomatoes & basil) <u>ALLERGENS: 2 & 7</u>	Hummus, pepper sticks & crackers <u>ALLERGENS: 2 & 12</u>
Tea (4-4:30pm)	Selection of pizza's (cheese, tomato, egg, spinach, pineapple, chicken, tuna, sweetcorn, tofu) served with peppers & cucumber <u>ALLERGENS: 2, 4, 5, 7 & 13</u>	Tuna pasta bake (sweetcorn, peppers, & cheese) <u>ALLERGENS: 2, 5 & 7</u>	Mixed bean chilli (tomatoes, peppers, onion) with wholemeal pitta <u>ALLERGENS: 2</u>	Slow cooked lamb with mashed potato, swede, carrots and peas <u>ALLERGENS: NONE</u>	Sweet & sour chicken with pineapple and rice <u>ALLERGENS: NONE</u>
	Sliced watermelon <u>ALLERGENS: 2</u>	Fruit salad (strawberry, orange, kiwi, pineapple, melon) <u>ALLERGENS: NONE</u>	Sliced pineapple <u>ALLERGENS: NONE</u>	Sliced pear and apple <u>ALLERGENS: None</u>	Sliced kiwi and blueberries <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

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

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



Week 2- Summer Menu 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am-9am)	Malted wheat with milk and banana <u>ALLERGEN: 2 & 7</u>	Porridge oats with milk and cherries <u>ALLERGENS: 2 & 7</u>	Cornflakes with milk & clementines <u>ALLERGEN: 2 & 7</u>	Weetabix with milk and peaches <u>ALLERGENS: 2 & 7</u>	Breakfast rice pudding with prunes <u>ALLERGENS: 2 & 7</u>
Morning Snack (10am-10:30am)	Cheddar cheese and clementines <u>ALLERGENS: 7</u>	Melon slices <u>ALLERGENS: NONE</u>	Seasonal fruit platter and breadsticks <u>ALLERGENS: 2, 7, 12 & 13</u>	Crackers with cream cheese & quartered grapes <u>ALLERGENS: 2 & 7</u>	Seasonal vegetable platter (peppers, radish, beetroot, cucumber, tomato) <u>ALLERGENS: NONE</u>
Lunch (11:30-12pm)	Chicken and spinach quiche with carrot and cucumber salad <u>ALLERGENS: 2, 4 & 7</u>	Selection of pizza's (cheese, tomato, egg, spinach, pineapple, chicken, tuna, sweetcorn, tofu) served with peppers & cucumber <u>ALLERGENS: 2, 4, 5, 7 & 13</u>	Cheesy bean and potato pie with green beans <u>ALLERGENS: 7</u>	Beef Bolognese (onion, carrot, pepper, cheese & pasta) <u>ALLERGENS: 2 & 7</u>	Chicken korma curry (coconut, peas & carrots) with naan bread <u>ALLERGENS: 2 & 7</u>
	Mixed fruit and custard <u>ALLERGENS: 7</u>	Sliced strawberries and kiwis <u>ALLERGENS: None</u>	Mashed banana and natural yoghurt (frozen) <u>ALLERGENS: 7</u>	Summer berries, natural yoghurt, milk and oats (baked) <u>ALLERGENS: 2 & 7</u>	Oats, raspberries and yoghurt <u>ALLERGENS: 2 & 7</u>
Afternoon Snack (2-2:30pm)	Seasonal vegetables platter <u>ALLERGENS: NONE</u>	Hummus and crackers <u>ALLERGENS: 2 & 12</u>	Pitta pizza with tomato, sweetcorn & cheese <u>ALLERGENS: 2 & 7</u>	Seasonal fruit platter <u>ALLERGENS: NONE</u>	Cheddar cheese and clementines <u>ALLERGENS: 7</u>
Tea (4-4:30pm)	Creamy fish pasta salad (cream cheese, mackerel/tuna, sweetcorn, peppers & broccoli) <u>ALLERGENS: 2, 5 & 7</u>	Vegetarian cottage pie (soya mince, carrot, peas, swede, peppers and potato) <u>ALLERGENS: 13</u>	Tomato and basil chicken with broccoli and wholemeal pitta bread <u>ALLERGENS: 2, 5 & 7</u>	Fish fingers, mashed potato and peas <u>ALLERGENS: 2 & 5</u>	Vegetable ragu (mixed beans, tomatoes, carrot, peppers & broccoli) with jacket potato <u>ALLERGENS: None</u>
	Melon slices <u>ALLERGENS: NONE</u>	Pear slices <u>ALLERGENS: NONE</u>	Sliced kiwi and strawberries <u>ALLERGENS: None</u>	Sliced banana <u>ALLERGENS: NONE</u>	Apple slices <u>ALLERGENS: NONE</u>

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Week 3- Summer Menu 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am-9am)	Weetabix made with milk and apple <u>ALLERGENS: 2 & 7</u>	Breakfast rice pudding with prunes <u>ALLERGENS: 7</u>	Weetabix with milk and peaches <u>ALLERGENS: 2 & 7</u>	Porridge oats with milk and cherries <u>ALLERGENS: 2 & 7</u>	Malted wheat with milk and banana <u>ALLERGEN: 2 & 7</u>
Morning Snack (10am-10:30am)	Peppers sticks and tomatoes <u>ALLERGENS: NONE</u>	Banana, cream cheese and crackers <u>ALLERGENS: 2 & 7</u>	Soft cheese and rice cakes <u>ALLERGENS: 2, 7 & 13</u>	Tomatoes, celery and breadsticks <u>ALLERGENS: 1, 2, 7, 12 & 13</u>	Mackerel & cream cheese dip, peppers & cucumber <u>ALLERGENS: 5 & 7</u>
Lunch (11:30-12pm)	Mixed bean chilli (tomatoes, peppers, onion) with wholemeal pitta <u>ALLERGENS: 2</u>	Slow cooked lamb with mashed potato, swede, carrots and peas <u>ALLERGENS: NONE</u>	Sweet & sour chicken with pineapple and rice <u>ALLERGENS: NONE</u>	Chicken meatballs (tomato, courgette, carrot celery) with spaghetti <u>ALLERGENS: 1 & 2</u>	Tuna pasta bake (sweetcorn, peppers, & cheese) <u>ALLERGENS: 2, 5 & 7</u>
	Oats, raspberries and yoghurt <u>ALLERGENS: 2 & 7</u>	Mashed banana and natural yoghurt (frozen) <u>ALLERGENS: 7</u>	Rock cakes with yoghurt <u>ALLERGENS: 2, 4 & 7</u>	Sliced orange <u>ALLERGENS: NONE</u>	Blueberry and banana muffins with yoghurt <u>ALLERGENS: 2, 4 & 7</u>
Afternoon Snack (2-2:30pm)	Crackers bruschetta (soft cheese, tomatoes & basil) <u>ALLERGENS: 2 & 7</u>	Red pepper and cream cheese dip with rice cakes <u>ALLERGENS: 2, 7 & 13</u>	Peppers sticks and tomatoes <u>ALLERGENS: NONE</u>	Rice cakes with cream cheese & quartered grapes <u>ALLERGENS: 2, 7 & 13</u>	Tomatoes, cucumber and breadsticks <u>ALLERGENS: 2, 7, 12 & 13</u>
Tea (4-4:30pm)	Beef Bolognese (onion, carrot, pepper, cheese & pasta) <u>ALLERGENS: 2 & 7</u>	Salmon and peas risotto <u>ALLERGENS: 2, 5 & 7</u>	Cheesy bean and potato pie with green beans <u>ALLERGENS: 7</u>	Chicken and spinach quiche with carrot and cucumber salad <u>ALLERGENS: 2, 4 & 7</u>	Chicken korma curry (coconut, peas & carrots) with naan bread <u>ALLERGENS: 2 & 7</u>
	Satsumas <u>ALLERGENS: None</u>	Oats, peach and yoghurt <u>ALLERGENS: 2 & 7</u>	Sliced apple <u>ALLERGENS: None</u>	Baked peach/mango and Weetabix slices made with milk <u>ALLERGENS: 2 & 7</u>	Sliced plum and pear <u>ALLERGENS: None</u>

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