

Menu for weeks commencing 4th & 18th September, 2nd & 16th October, 6th & 20th November, 4th & 18th December

1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack Preschool	Rice Cakes <i>Allergens-Soya</i>	Fresh Fruit	Crunchy Vegetables	Breadsticks and Houmous <i>Allergens-Wheat</i>	Fresh Fruit
Snacks Little Learners	Snack foods for Little Learners will be suitable for each child's feeding capabilities and age i.e. finger foods and soft fruits.				
Lunch	Home-made Beef Burger <i>Allergens-Wheat, Soya</i> Or Vegan Burger <i>Allergens-Barley, Soya</i> Served With Potato Wedges Baked Beans, Peas	Pork Meatballs <i>Allergens-Wheat</i> Or Meatfree Balls <i>Allergens- Barley, Soya</i> Served With Rice, Fresh Salad	Crispy Herb Topped Fish <i>Allergens-Wheat, Fish</i> Or Chicken Style Nuggets <i>Allergens- Wheat</i> Served with Potatoes Fresh Vegetables	Lentil & Vegetable Bolognaise Served With Fresh Salad Pasta <i>Allergens-Wheat</i>	Chicken, Bacon & Leek Bake Or Leek & Quorn Bake <i>Allergens- Egg</i> Served with Potatoes Fresh Vegetables
Pudding	Fruity Flapjacks	Fruit Crumble With Greek Yogurt <i>Allergens- Dairy</i>	Melon Medley	Monkey Bread <i>Allergens- Wheat, Dairy</i>	Carrot Cake <i>Allergens- Wheat, Egg</i>
Also Available	Daily- Greek Yogurt	<i>Allergens- Dairy</i> Sugar	Free Jelly, Fresh Fruit		
Afternoon Snack	Crackers and Cheese <i>Allergens-Wheat, Dairy</i>	Fresh Fruit	Rice Cakes <i>Allergens-Soya</i>	Crunchy Vegetables	Crackers and Cheese <i>Allergens-Wheat, Dairy</i>
Tea Preschool	Tuna & Mayonnaise Pasta <i>Allergens-Wheat, Egg, Mustard, Fish</i> Cucumber & Pepper Sticks	Savoury Sausage Rolls <i>Allergens-Wheat, Sulphites</i> Banana	Selection of Sandwiches <i>Allergens-Wheat, Dairy, Egg, Soya</i> Celery & Cucumber Sticks	Cauliflower Cheese Muffins <i>Allergens-Wheat, Dairy, Egg</i> Apples and Grapes	Fill Your Own Pittas <i>Allergens-Wheat, Egg, Dairy</i> Cherry Tomatoes & Peppers
Tea Little Learners	Tuna & Mayonnaise Pasta <i>Allergens-Wheat, Egg, Mustard, Fish</i> Fresh Fruit	Savoury Sausage Rolls <i>Allergens-Wheat</i> Banana	Cheese Scones <i>Allergens-Wheat, Egg, Dairy</i> Greek Yogurt <i>Allergens- Dairy</i>	Cauliflower Cheese Muffins <i>Allergens-Wheat, Dairy, Egg</i> Cooked Apples	Open Sandwich Thins <i>Allergens-Wheat, Dairy, Egg, Soya</i> Sugar Free Jelly

To ensure that we provide a healthy balanced diet all meals are home cooked, none of our dishes are cooked with salt, all desserts are made to low sugar recipes, our baked beans are reduced salt and sugar, tinned fruit is in juice not syrup and no food is deep fried. Also all foods are nut free.

Because all our meals are cooked on site we can adjust the menu according to allergies and preferences.

Menu for weeks commencing 11th & 25th September, 9th & 30th October, 13th & 27th November, 11th December

2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack Preschool	Crunchy Vegetables	Selection of Fresh Fruit	Rice Cakes <i>Allergens-Soya</i>	Selection of Fresh Fruit	Piece of Fresh Fruit
Snacks Little Learners	Snack foods for Little Learners will be suitable for each child's feeding capabilities and age i.e. finger foods and soft fruits.				
Lunch	Fish and Chickpea Stew Or Vegetable and Chickpea Stew Served With Potatoes, Fresh Vegetables	Cottage Pie <i>Allergens-Wheat, Celery</i> Or Quorn Cottage Pie <i>Allergens-Wheat, Barley, Celery, Egg</i> Served With Fresh Vegetables	Roast Chicken Breast Or Quorn Roast <i>Allergens-Egg, Dairy</i> With Stuffing, Gravy <i>Allergens-Wheat, Barley, Celery</i> Roast Potatoes, Fresh Vegetables	Vegetable and Sweet Potato Curry Served with Yellow Rice Fresh Salad	Sausage and Tomato Pasta <i>Allergens- Wheat, Sulphites</i> Or Cheesy Vegetable Pasta <i>Allergens-Wheat, Dairy</i> Fresh Salad
Pudding	Muffin Of The Day <i>Allergens-Wheat, Egg</i>	Oat & Apricot Bakes <i>Allergens-Oats</i>	Home-made Biscuit And Fruit <i>Allergens-Wheat</i>	Raspberry Cheesecake <i>Allergens- Dairy, Oats</i>	Sugar Free Jelly With Fruit
Also Available	Daily- Greek Yogurt	<i>Allergens- Dairy</i> Sugar	Free Jelly, Fresh Fruit		
Afternoon Snack	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Rice Cakes <i>Allergens-Soya</i>	Crackers and Cheese <i>Allergens-Wheat, Dairy</i>
Tea Preschool	Flatbuns, Dips and Vegetable Sticks <i>Allergens-Wheat, Dairy</i> Greek Yogurt <i>Allergens- Dairy</i>	Sardine Pasta Salad <i>Allergens-Wheat, Fish</i> Apples and Grapes	Filled Wholemeal Rolls <i>Allergens-Wheat, Barley, Soya, Egg, Dairy</i> Carrot and Celery Sticks	Cheese Scones <i>Allergens-Wheat, Dairy</i> Sugar Free Jelly	Selection of Sandwiches <i>Allergens-Wheat, Dairy, Egg</i> Banana
Tea Little Learners	Flatbuns and Houmous <i>Allergens-Wheat, Dairy</i> Cooked Apples	Sardine Pasta Salad <i>Allergens-Wheat, Fish</i> Greek Yogurt <i>Allergens- Dairy</i>	Savoury Sausage Rolls <i>Allergens-Wheat</i> Sugar Free Jelly	Cheese Scones <i>Allergens-Wheat, Dairy</i> Sugar Free Jelly	Open Sandwich Thins <i>Allergens-Wheat, Dairy, Egg, Soya</i> Banana

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