



# Spring & Summer Menu - Week 1



	Morning Snack Time:	Lunch Time:	Vegetarian Lunch Time:	High Tea Time:	Vegetarian High Tea Time:
<b>Monday</b>	Cottage cheese & Corn cakes (D)	Garlic Bread (D,G) Lentil & tomato wholewheat spaghetti, beetroot & cheese salad (D,G)	Garlic Bread (D,G) Lentil & tomato wholewheat spaghetti, beetroot & cheese salad (D,G)	Pizza bagels with creamy butter bean dip & carrot sticks (D,G) Fruit	Pizza bagels with creamy butter bean dip & carrot sticks (D,G) Fruit
<b>Tuesday</b>	Banana & Ricotta Smash Oatcakes (F,D,G)	Beef & pea wholegrain pilau rice with cucumber salad Peach crumble & Greek yoghurt (D,G)	Chickpea & wholegrain pilau rice with cucumber salad Peach crumble & Greek yoghurt (D,G)	Jacket potatoes with cheese & beans with cucumber salad (D) Fruit	Jacket potatoes with cheese & beans with cucumber salad (D) Fruit
<b>Wednesday</b>	Cream cheese & crackers (D,G)	Roast chicken dinner with potatoes & roasted root vegetables & broccoli Melon slices	Quorn chicken pieces dinner with potatoes & roasted root vegetables & broccoli (E) Melon slices	Chickpea Cesear pasta salad with dressing, tomatoes & lettuce (D,G) Fruit	Chickpea Cesear pasta salad with dressing, tomatoes & lettuce (D,G) Fruit
<b>Thursday</b>	Banana & ricotta smash oatcakes (D)	Crunchy apple, pepper & carrot bites Summer 'camp fire stew' with minced pork, & wholemeal wraps & broccoli (D,G,CE)	Crunchy apple, pepper & carrot bites Summer 'camp fire stew' with beans, vegetables, & wholemeal wraps & broccoli (D,G)	Cheese & homemade strawberry jam wholemeal sandwiches with vegetable sticks & pea dip (D,G) Fruit	Cheese & homemade strawberry jam wholemeal sandwiches with vegetable sticks & pea dip (D,G) Fruit
<b>Friday</b>	Strawberry or Mango dip & Oatcakes (D,G)	Creamy Ocean potato topped fish pie & carrots (D,G,F) Creamy peach dessert (D)	Creamy Lentil & veg potato topped pie & carrots (D) Creamy peach dessert (D)	Chicken quesadillas, pea dip & cucumber batons (D,G) Fruit	Mixed veg quesadillas, pea dip & cucumber batons (D,G) Fruit

- Our menus may change slightly based on available ingredients.
- Breakfast is served every day. We serve a selection of wholegrain cereals and fruit.
- Water is available all day. Milk is offered at snack and teatime too.
- Fruit is available in the afternoon for children to help themselves to.

**\*Weaning options available**

### Allergen Key

(G) = Gluten (CR) = Crustaceans (E) = Eggs (F) = Fish (P) = Peanuts  
 (SO) = Soya (D) = Dairy (N) = Tree nuts (CE) = Celery (MU) = Mustard (SS) = Sesame seeds  
 (SU) = Sulphur dioxide and sulphites (L) = Lupin (MO) = Molluscs.

	Morning Snack Time:	Lunch Time:	Vegetarian Lunch Time:	High Tea Time:	Vegetarian High Tea Time:
<b>Monday</b>	Cottage cheese & Rice cakes (D)	Chickpea chilli with wholewheat rice and peas Melon slices	Chickpea chilli with wholewheat rice and peas Melon slices	Cheese & apple Bread roll with pea dip (D,G) Fruit	Cheese & apple Bread roll with pea dip (D,G) Fruit
<b>Tuesday</b>	Green pea houmous & breadsticks (G,SS)	Veggie sticks Minced beef Sloppy joes with cheese & tortilla wraps and courgette salad (D,G)	Veggie sticks Black bean sloppy joes with vegan cheese & tortilla wraps and courgette salad (G,SO)	Baked beans, chargrilled pepper & cheese batch rolls with Greek Yoghurt and cinnamon and pea dip (D,G) Fruit	Baked beans, chargrilled pepper & cheese batch rolls with Greek Yoghurt and cinnamon and pea dip (D,G) Fruit
<b>Wednesday</b>	Cheddar cheese & crackers (D,G)	Lamb potato topped Shepherd's pie with mixed veg (D,CE) Peaches & Greek yoghurt (D)	Green lentil & bean potato topped Shepherd's pie with mixed veg (D,CE) Peaches & Greek yoghurt (D)	Toasted English muffins with chicken, tomatoes & egg (D,G,E) Fruit	Toasted English muffins with cheese, tomatoes & egg (D,G,E) Fruit
<b>Thursday</b>	Banana & ricotta Smash oatcakes (D)	Raita dip and Naan bread (D,G) Chicken curry with rice & mixed veg	Raita dip and Naan bread (D,G) Cauliflower curry with rice & mixed veg	Jacket potato with Coronation chicken & cucumber side salad (D) Fruit	Jacket potato with Quorn coronation chicken & cucumber side salad (D,E) Fruit
<b>Friday</b>	Beetroot & yoghurt Corn cakes (D)	Smoked haddock Mac 'n' cheese with tomato salad & slice of wholemeal bread (D,G,F,MU) Vegan oatmeal cupcake & avocado (G)	Broccoli & cannellini bean Mac 'n' cheese with tomato salad & slice of wholemeal bread (D,G,MU) Vegan oatmeal cupcake & avocado (G)	Chicken fajitas Pitta pockets & sweetcorn (G) Fruit	Pepper & chickpea fajitas Pitta pockets & sweetcorn (G) Fruit

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# Spring & Summer Menu - Week 3



	Morning Snack Time:	Lunch Time:	Vegetarian Lunch Time:	High Tea Time:	Vegetarian High Tea Time:
<b>Monday</b>	Red pepper houmous & breadsticks (G,SS)	Pea & mint soup Lentil dhansak curry with rice and peas	Pea & mint soup (G) Lentil dhansak curry with rice and peas (D,G,E)	Red pesto feta & lentil salad with Greek yoghurt dip and cucumber (D,N) Fruit	Red pesto feta & lentil salad with Greek yoghurt dip and cucumber (D,N) Fruit
<b>Tuesday</b>	Tzatziki & rice cakes (D)	One pot lamb mince Souvlaki & wholemeal pitta bread and tomato salad (G) Coconut & carrot tray bake (D,G,E)	One pot mixed bean Souvlaki & wholemeal Pitta bread and tomato salad (G) Coconut & carrot tray bake (D,G,E)	Cheesy baked bean jacket potatoes with courgette batons (D) Fruit	Cheesy baked bean jacket potatoes with courgette batons (D) Fruit
<b>Wednesday</b>	Cream cheese & oat cakes (D,G)	Beef Chilli-Con-Carne with rice & wholemeal tortilla wraps and peas (G) Apple crumble pudding & Greek yoghurt (D,G)	Bean Chilli-Con-Carne with rice & wholemeal tortilla wraps and peas (G) Apple crumble pudding & Greek yoghurt (D,G)	Smoky plant-based sausage casserole with pitta bread dippers and carrot sticks (G,SO) Fruit	Smoky plant-based sausage casserole with pitta bread dippers and carrot sticks (G,SO) Fruit
<b>Thursday</b>	Strawberry or Mango dip & Oatcakes (D,G)	Fruit BBQ chicken, potato wedges, broccoli & carrots (D)	Fruit BBQ quorn chicken, potato wedges, broccoli & carrots (D,G)	Mixed bean pasta & sweetcorn (G) Fruit	Mixed bean pasta & sweetcorn (G) Fruit
<b>Friday</b>	Cheddar cheese & crackers (D,G)	Homemade tuna fishcakes, pasta shapes with a cheese & parsley sauce & mixed veg medley (D,G,F) Homemade banana bread (D,G,E)	Homemade Glamorgan patties, pasta shapes with a cheese & parsley sauce & mixed veg medley (D,G) Homemade banana bread (D,G,E)	Teddy bear picnic, egg, bread roll, apple & cheese (D,G,SS) Fruit	Teddy bear picnic, egg, bread roll, apple & cheese (D,G,SS) Fruit

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