

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Pasta Day</i>	Picnic Time	Creamy Curry	Fabulous Frittata	Fish Friday
Pasta Tomato Sauce Cheese Salad	Breads Ham/cheese/tuna/ vegan slices Cucumber, Carrot Sticks	Mild Chicken Korma Or Mild Butterbean Korma Rice & Naan bread Broccoli	<i>Children's cooking session:</i> Crispy Courgette Frittata <i>with school grown herbs</i> Mini jacket Potatoes Baked Beans	Fish Fingers/ Fish Cakes / Large Fish Baby Potatoes Peas
Fruit Salad & Plain Yoghurt	Raisins, Yoghurt School baked flapjack	Bananas	Satsumas	Fruit Yoghurts

All of our ingredients are sourced locally from independent businesses (butcher & greengrocer).

Our local bigger store is there to help with the extras.

NEW
Thursday

Fabulous Frittata



A taste of Spain



Ingredients



Carbohydrates
for energy

















Protein
for tissue growth



Vitamins & Flavour
For immune system and gut health



ITEMS CONTAINING ALLERGENS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Gravy		X											X	
Fish Fingers		X			X									
Fish Cakes		X		X	X									
Fish in Breadcrumbs/ batter		X			X									
Wheat Pasta		X												
Noodles		X												
Frittata		Oat milk		X										
Flapjacks		X					X							
Creamy curry sauce										Coconut milk				
Wraps, Pitta, Bagel, Bread, Naan Bread		X												
Butter							X							
Cheese							X							
Yoghurt							X							

Gluten Free, Dairy Free, Meat Free, Soya Free Available Every Day, if required.