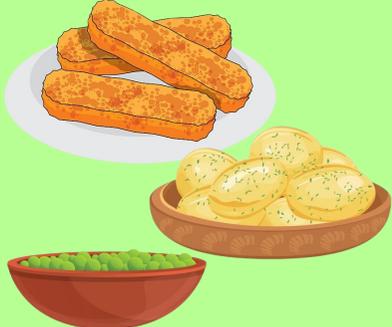


<p>Meat Free Monday</p>	<p>Pizza Picnic Tuesday</p>	<p>World Cuisine Wednesday</p>	<p>Traditional Thursday</p>	<p>Fish Friday</p>
				
<p>Creamy Tomato Pasta Tomato &amp; herb sauce Cheese Salad</p>	<p>Margherita Pizza Salad Olives</p>	<p>A taste of India Butter Chicken Curry Rice Broccoli Naan Bread Coriander</p>	<p>Classic Jacket Potatoes  Baked Potatoes Baked Beans Tuna Cheese Green Beans Coleslaw</p>	<p>Fish fingers/ fish cakes  Baby Potatoes  Peas</p>
<p>Apples</p>	<p>Cinnamon Oat Raisin Cookies</p>	<p>Bananas</p>	<p>Pears</p>	<p>Yoghurts</p>
<p>Meat free, gluten free, dairy free alternatives always available.</p>				

**Meat Free  
Monday**

## Creamy Tomato Pasta



New creamy pasta sauce recipe with cannellini beans for a source of plant based protein.

### Ingredients



**Carbohydrates**  
for energy



**Protein**  
for tissue growth and bones  
Source of calcium



**Vegetables**  
source of fibre, iron, calcium and vitamin C and E



School Grown Herbs  
for Flavour  
Thyme

## Pizza Picnic Tuesday

## Pizza Picnic



*The children love having a picnic style lunch with their friends.*

*The children get to make their own salad to go with their pizza.*

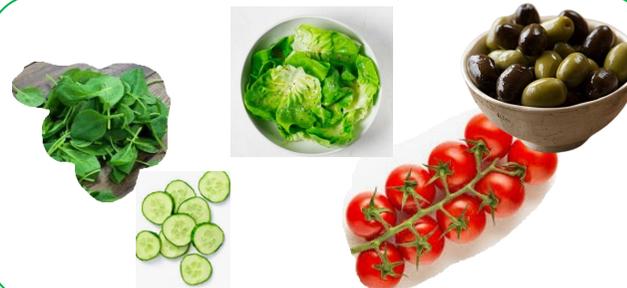
## Ingredients



**Carbohydrates**  
for energy



**Protein**  
for tissue growth  
Source of calcium



**Salad**  
source of fibre, iron, calcium and vitamin C and E



**Oat Raisin Cookies**  
source of fibre and iron

**World Cuisine  
Wednesday**

## **Creamy Butter Chicken Curry**



*A taste of India*



### **Ingredients**



**Carbohydrates**  
for energy



**Protein**  
for tissue growth



**Vegetables**  
source of fibre, calcium and vitamin C



**Herbs and Spices**  
source of antioxidant to support immune system

**Traditional  
Thursday**

## Classic Jacket Potatoes



### Ingredients



**Carbohydrates**  
for energy



**Protein**  
for tissue growth  
Source of calcium and fibre



**Vegetables**  
source of fibre and vitamin A

**Friday**

**Fish Friday**



*A rotation of  
tasty breaded  
fish:  
Big fish  
Fish Cakes  
Fish Fingers*

**Ingredients**



**Carbohydrates**  
for energy  
with thyme from the garden



**Protein**  
for tissue growth  
Source of omega-3 for a healthy brain and heart



**Vegetables**  
source of vitamin C and iron

## Little Tasty Desserts

*To finish on a fun and happy sweet note whilst still being mindful of healthy bodies, steady energy, moods and strong teeth.*



Apples



Bananas



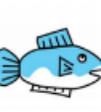
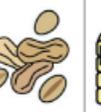
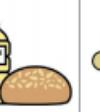
Pears



*Cinnamon Oat Raisin Cookies*  
*Wholemeal flour, baking powder, cinnamon, eggs, agave, vanilla extract, oats and raisins*



Yoghurts

ITEMS CONTAINING ALLERGENS														
ITEMS CONTAINING ALLERGENS	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Wheat Pasta		X												
Cheese							X							
Pizza		X					X						X	
Raisin Oat Cookies		X		X										
Tuna					X									
Mayonnaise				X										
Coleslaw													X	
Fish Fingers		X			X									
Fish Cakes		X			X									
Breaded Fish		X			X									
Yoghurt							X							
Dairy Free Yoghurt													X	

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



# Plan

What step would you like to get to today?

# Do

1. look

2. smell

3. lick

4. chew

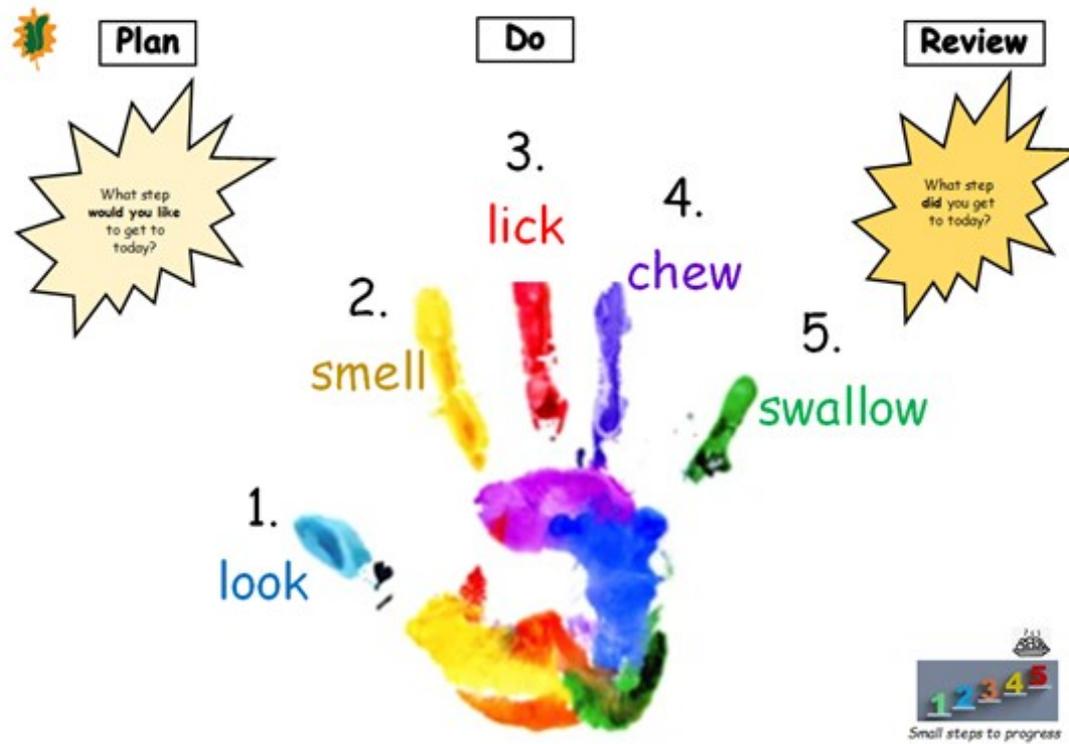
5. swallow

# Review

What step did you get to today?



*Small steps to progress*



<p><b>Food</b></p> <p>What food will you try today?</p>	<p><b>Plan</b></p> <p>What step would you like to get to?</p>	<p><b>Do</b></p> <p>What step did you get to?</p>	<p><b>Review</b></p> <p>How did it go today? How do you feel? Do you have any plans for next time?</p>