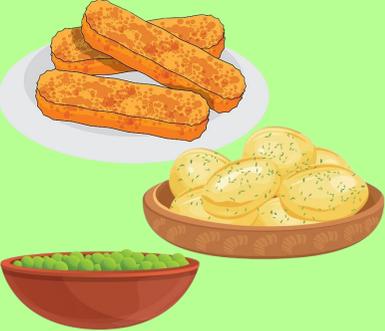


<p>Meat Free Monday</p>	<p>Rainbow Wraps Tuesday</p>	<p>World Cuisine Wednesday</p>	<p>Traditional Thursday</p>	<p>Fish Friday</p>
				
<p>Creamy Tomato Pasta Tomato & herb sauce Cheese Salad</p>	<p>Wholemeal Wraps with a Selection of Fillings Roast Chicken Tuna Cheddar Cucumber Spinach Tomato Peppers Beetroot Sweet corn Sauces</p>	<p>Moroccan Meatballs Couscous Sweetcorn Carrot salad Pitta Bread</p>	<p>Sausage Stew Mash Potatoes Green Beans Baguette</p>	<p>Fish fingers/ fish cakes Baby Potatoes Peas</p>
<p>Apples</p>	<p>Banana Bread with Yoghurt Icing</p>	<p>Bananas</p>	<p>Pears</p>	<p>Yoghurts</p>

Meat free, gluten free, dairy free alternatives always available.

**Meat Free
Monday**

Creamy Tomato Pasta



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

Ingredients

Pasta



Carbohydrates
for energy

Cheddar and Cannellini



Protein
for tissue growth and bones
Source of calcium



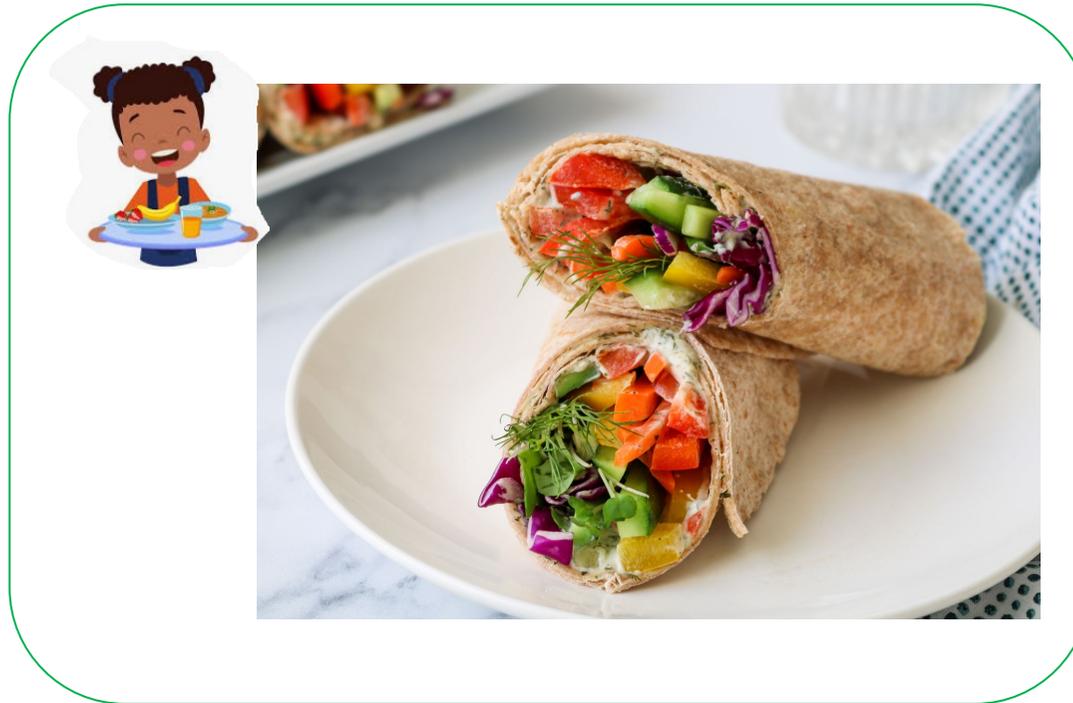
Vegetables
source of fibre, iron, calcium and vitamin C and E



School Grown Herbs
for Flavour
Thyme

**Picnic
Tuesday**

Rainbow Wraps



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

The children get to make their own wraps with a variety of colourful veggies.

Ingredients

Wraps



Carbohydrates
for energy

Roast Chicken, Tuna and Cheddar



Protein
for tissue growth
Source of calcium



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



Banana Bread with Yoghurt Icing
Source of fibre and calcium

**World Cuisine
Wednesday**

Moroccan Meatballs and Couscous



A taste of Morocco



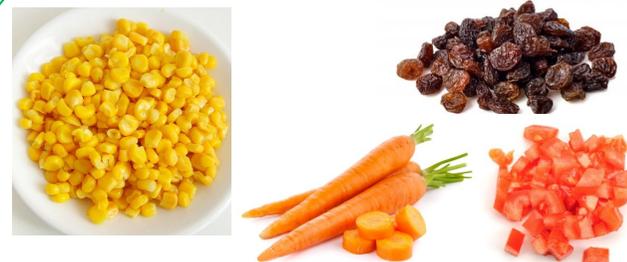
Ingredients



Carbohydrates
for energy



Protein
for tissue growth



Vegetables
source of fibre, iron and vitamin A



Spices
Cumin, coriander and cinna-
mon rich in antioxidants

**Traditional
Thursday**

Sausage Stew



Ingredients



Carbohydrates
for energy



Protein
for tissue growth



Vegetables
source of fibre and vitamin C, D and E



Herbs
School Grown Herbs
for Flavour

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



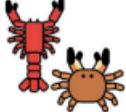
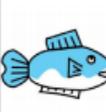
Pears



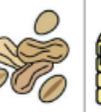
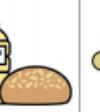
Wholemeal flour, self raising flour, baking powder, bicarbonate of soda, cinnamon, vanilla extract, eggs, oat milk, soy yoghurt, bananas, agave



Yoghurts

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							
Wholemeal Wraps		X												
Sliced Cheddar							X							
Tuna					X									
Mayonnaise				X										
Yoghurt Sauce							X							
Banana Bread		X		X									X	
Meatballs				X										
Couscous	X	X												
Pitta bread		X												
Vegan Sausages													X	

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

ITEMS CONTAINING ALLERGENS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Baguette		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.