
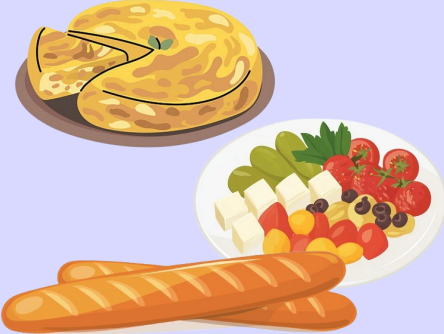
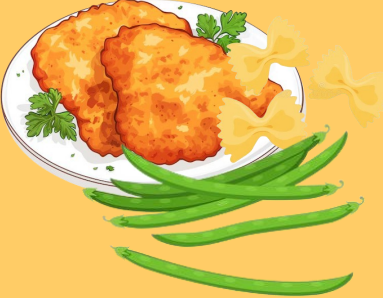
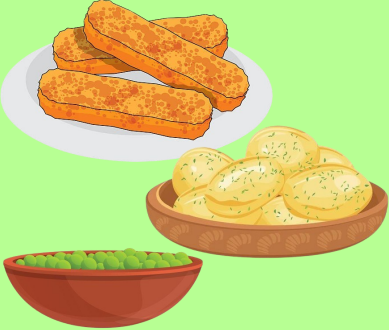


Meat Free Monday	Tapas Tuesday	World Cuisine Wednesday	Traditional Thursday	Fish Friday
				
<p>Creamy Tomato Pasta Tomato &amp; herb sauce Cheese Salad</p>	<p>Bread and Crackers Spanish Tortilla Cheese Cubes, Cheddar, Red Leicester, Feta and Mozzarella Tuna Crunchy Butter Beans Salad Olives</p>	<p>Mini Chicken Schnitzel Noodles Green Beans Creamy Mushroom Sauce Rye Bread Sauerkraut</p>	<p>Shepherds Pie Broccoli Bread roll</p>	<p>Fish fingers/ fish cakes Baby Potatoes Peas</p>
Apples	Chocolate Chia Pudding	Pears	Bananas	Yoghurts

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

## Tapas Tuesday



*The children love having a picnic style lunch with their friends. The children can choose a selection of tapas foods for their lunch*

## Ingredients

Bread and Crackers



**Carbohydrates**  
for energy

Eggs, Cheese, Beans and Tuna  
(Spanish Tortilla)



**Protein**  
for tissue growth  
Source of calcium



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



**Chocolate and Banana Chia Pudding**  
Source of fibre and calcium

**World Cuisine  
Wednesday**

## Mini Chicken Schnitzel and Noodles



*A taste of Austria*

### Ingredients



**Carbohydrates**  
for energy



**Protein**  
for tissue growth



**Vegetables**  
source of fibre, iron and vitamin C and D



**Sauerkraut**  
fermented food with bacteria for a healthy gut

**Traditional  
Thursday**

# Shepherd's Pie



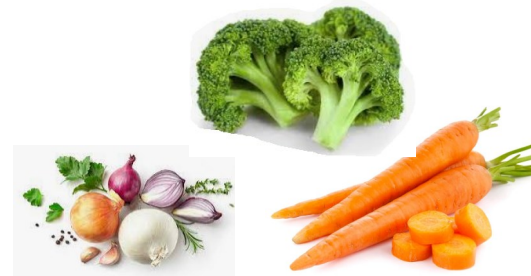
## Ingredients



**Carbohydrates**  
for energy



**Protein**  
for tissue growth



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



**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.*



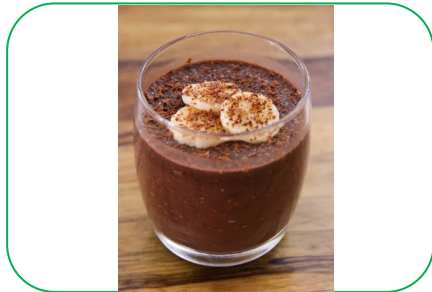
Apples



Bananas



Pears





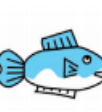











### **Chocolate Banana Chia Pudding**















Chia seeds, bananas, oat milk,  
cocoa powder, 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							
Baguettes/ crackers		X												
Spanish Tortilla				X										
Cheese Cubes							X							
Tuna					X									
Mayonnaise				X										
Mini Chicken Schnitzel		X		X										
Plant Chicken Breast		X											X	
Noodles/Farfalle		X												
Mushroom sauce													X	
Rye Bread		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
Bread rolls		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.*