
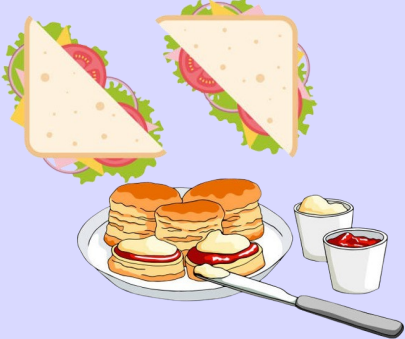


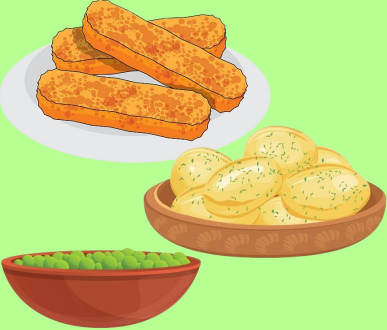


<p>Meat Free Monday</p>	<p>Afternoon Tea Tuesday</p>	<p>World Cuisine Wednesday</p>	<p>Traditional Thursday</p>	<p>Fish Friday</p>
				
<p>Cheesy Broccoli Pasta Bake Creamy sauce Cheese Salad</p>	<p>Selection of Sandwich's Egg Mayonnaise Tuna and Sweetcorn Cream Cheese and Cucumber Cheddar Cheese Veggie Platter</p>	<p>Spanish Paella Green Beans Baguette</p>	<p>Chicken Pot Pie Mixed Veg Bread roll</p>	<p>Fish fingers/ fish cakes Baby Potatoes Peas</p>
<p>Apples</p>	<p>Fruit Scones with Strawberry Jam and Yoghurt</p>	<p>Bananas</p>	<p>Pears</p>	<p>Yoghurts</p>

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

**Meat Free
Monday**

Cheesy Broccoli Pasta Bake



NEW Sauce!
Creamy and
cheesy sauce
with broccoli
pasta bake.

Ingredients

Pasta



Carbohydrates
for energy

Cheddar and Cannellini Beans



Protein
for tissue growth and bones
Source of calcium



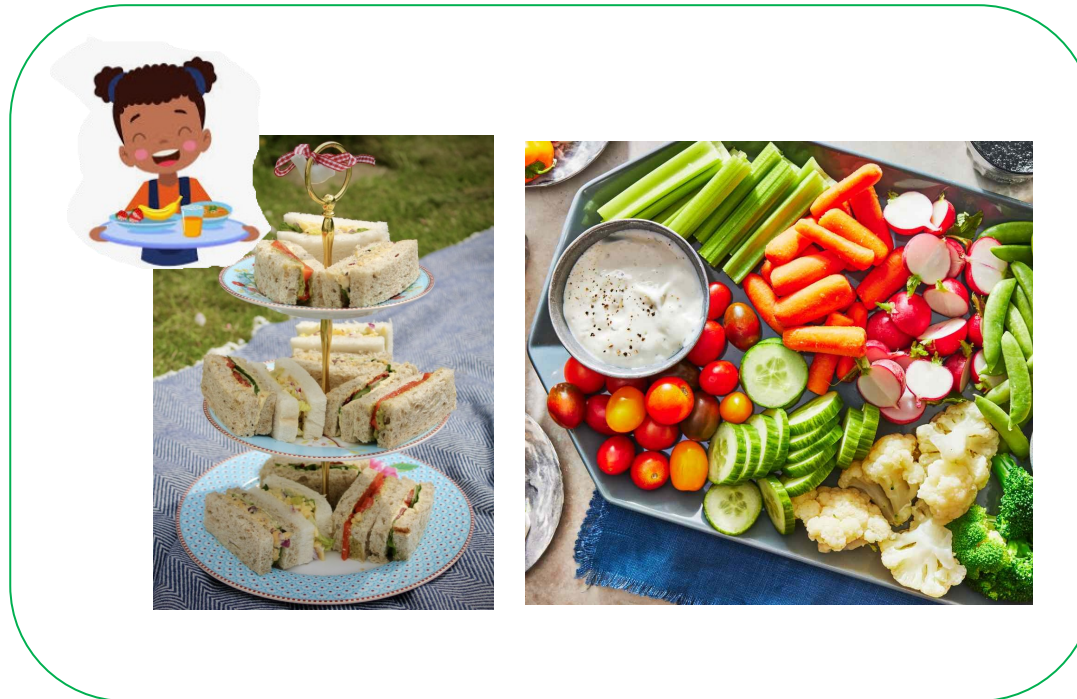
Vegetables
source of fibre, iron, calcium and vitamin A, C and E



School Grown Herbs
for Flavour
Thyme

Picnic Tuesday

Afternoon Tea



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

The children can choose a selection of sandwiches and veggies for their lunch

Ingredients

Bread



Carbohydrates
for energy

Eggs, Tuna and Cheese



Protein
for tissue growth
Source of calcium



Salad
source of fibre and vitamin A and C



**Fruit Scones with Strawberry
Jam and Yoghurt**
Source of calcium and vitamin C

**World Cuisine
Wednesday**

Spanish Paella



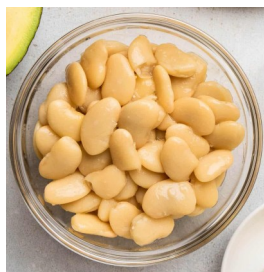
A taste of Spain



Ingredients



Carbohydrates
for energy



Protein
for tissue growth



Vegetables
source of fibre and vitamin C



Paprika
to add a smoked flavour

**Traditional
Thursday**

Chicken Pot 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

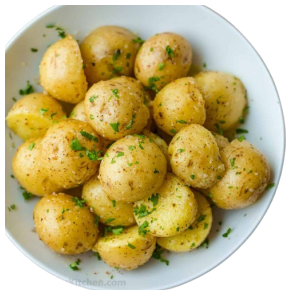
Friday

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





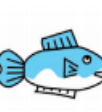











Fruit Scones with Strawberry Jam and Yoghurt















Self raising flour, baking powder, dairy free butter, eggs, oat milk, raisins, strawberries, chia seeds, agave, soy yoghurt



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												
Creamy sauce									X				X	
Cheese							X							
Bread		X												
Egg Mayonnaise				X										
Tuna Mayonnaise				X	X									
Cream cheese/ cheddar							X							
Bread sticks		X												
Scones		X		X										
Baguettes		X												
Chicken pot pie	X	X		X									X	
Bread rolls		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
Fish Fingers		X			X									
Fish Cakes		X			X									
Breaded Fish		X			X									
Yoghurt							X							
Dairy Free Yoghurt													X	
<i>Gluten Free, Dairy Free, Meat Free, Soya Free Available Every Day, if required.</i>														