



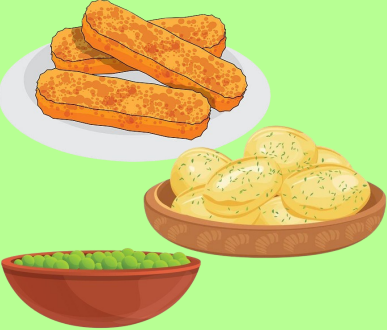


<p>Meat Free Monday</p>	<p>Pizza Picnic Tuesday</p>	<p>World Cuisine Wednesday</p>	<p>Traditional Thursday</p>	<p>Fish Friday</p>
				
<p>Pesto Pasta Tomato Pasta Cheese Salad</p>	<p>Margherita Pizza Salad Olives Bread Sticks</p>	<p>Lamb Koftas Rice Green Beans Pitta Bread Salad Minty Yoghurt Sauce</p>	<p>Roast Chicken Tuna Mayo Boiled Eggs Cheese Cubes Potato Salad Salad Crackers</p>	<p>Fish fingers/ fish cakes Baby Potatoes Peas</p>
<p>Apples</p>	<p>Pineapple Upside Down Cake</p>	<p>Bananas</p>	<p>Watermelon</p>	<p>Yoghurts</p>

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

**Meat Free  
Monday**

## Tomato and Pesto Pasta



**NEW Sauce!**  
Pesto Pasta  
with fresh Basil  
Nut and Dairy  
Free

### Ingredients

Pasta



**Carbohydrates**  
for energy

Cheddar and Cannellini Beans



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



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



**Basil**  
for flavour

## 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.*

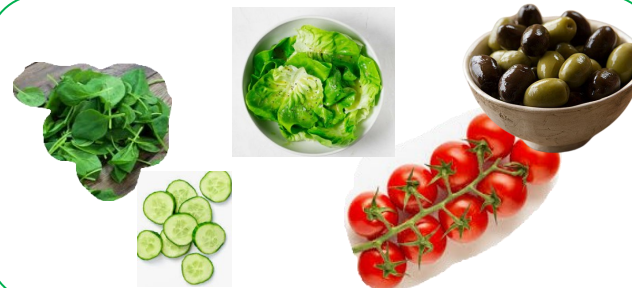
## Ingredients



**Carbohydrates**  
for energy



**Protein**  
for tissue growth  
Source of calcium



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



**Pineapple Upside Down Cake**  
A sweet tropical dessert

**World Cuisine  
Wednesday**

## Lamb Koftas



*A taste of Turkey*



### Ingredients



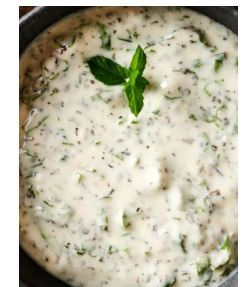
**Carbohydrates**  
for energy  
Rice and Pittas



**Protein**  
for tissue growth  
Lamb and Black Beans



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



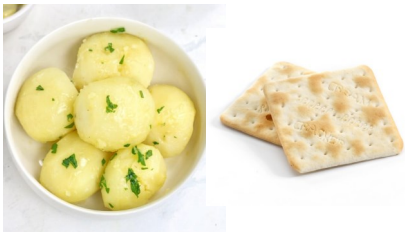
**School Grown Mint**  
Minty Yoghurt Sauce

# Traditional Thursday

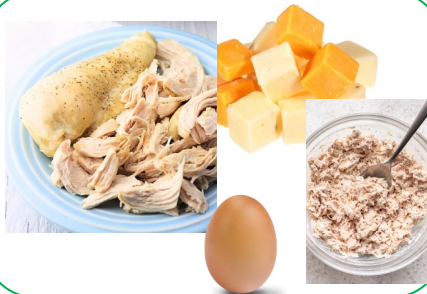
# Summer Salad Bar



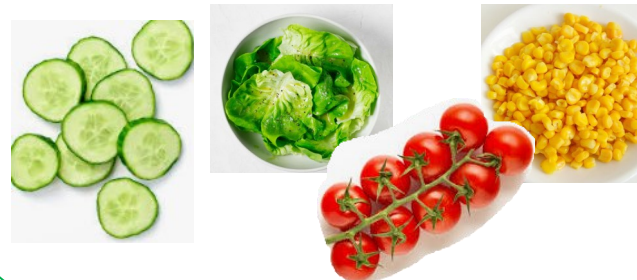
## Ingredients



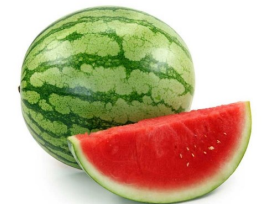
**Carbohydrates**  
for energy  
Potato Salad and Crackers



**Protein**  
for tissue growth  
Chicken, Tuna, Egg and Cheese



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



**Watermelon**  
A refreshing dessert

**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

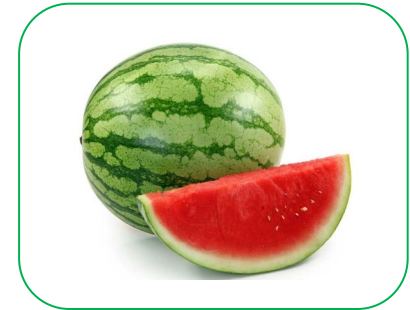
*To finish on a fun and happy sweet note whilst still being mindful of healthy bodies, steady energy, moods and strong teeth.*



Apples



Bananas

















Watermelon

















**Pineapple Upside Down Cake**  
Flora, agave, vanilla extract,  
eggs, self-raising flour, baking  
powder, bananas, desiccated  
coconut, pineapple



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												
Pasta Sauces	X													
Grated Cheddar							X							
Pizza		X					X						X	
Bread Sticks		X												
Pineapple Upside Down		X		X										X
Lamb Koftas		X												
Black Bean Falafels		X												
Pittas		X												
Minty Yoghurt Sauce							X							
Tuna Mayonnaise					X				X					
Potato Salad									X				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
Crackers		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.*