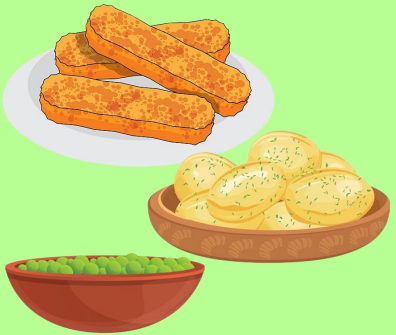


Meat Free Monday	Picnic Tuesday	World Cuisine Wednesday	Traditional Thursday	Fish Friday
				
Pesto Pasta Tomato Pasta Cheese Salad	Mezze Picnic Flat Breads Cheese Cubes, Feta, Halloumi Tuna Boiled Eggs Veggie Sticks Olives Bread Sticks	Rainbow Stir fry Chicken Rainbow Veggies Rice Asian sauce Prawn Crackers	Classic Jacket Potatoes Baked Potatoes Baked Beans Tuna Cheese Green Beans Coleslaw	Fish fingers/ fish cakes Baby Potatoes Peas
Apples	Double Chocolate Black Bean Cookies	Bananas	Pears	Yoghurts
Meat free, gluten free, dairy free alternatives always available.				

**Meat Free
Monday**

Tomato and Pesto Pasta



**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

Mezze Picnic



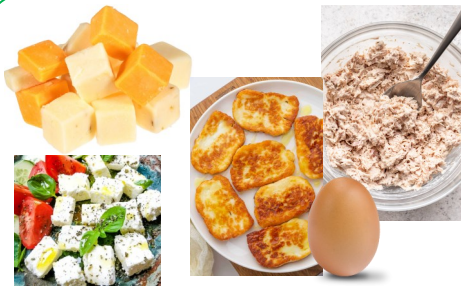
The children love having a picnic style lunch with their friends.

The children get to make their own mezze board with carbohydrates, proteins and veggies

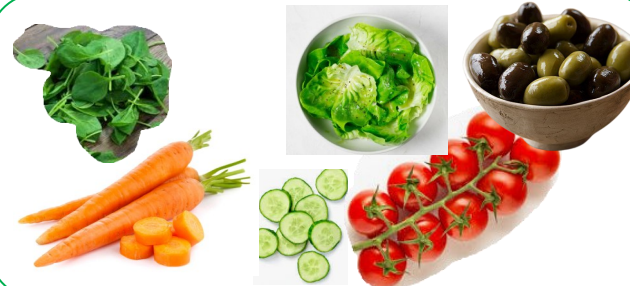
Ingredients



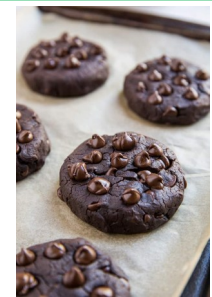
Carbohydrates
for energy
Flatbreads



Protein
for tissue growth
Source of calcium



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



Double Chocolate Black Bean Cookies
A sweet treat with beans!

World Cuisine Wednesday

Rainbow Stir-fry



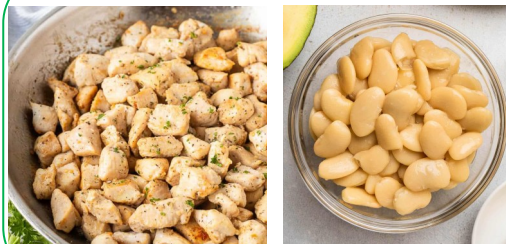
A taste of China



Ingredients



Carbohydrates
for energy
Rice and Prawn Crackers



Protein
for tissue growth
Chicken and Butter Beans



Vegetables
source of fibre, folate, and vitamin C



Asian Stir-fry Sauce
Garlic, ginger and soy sauce

**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.



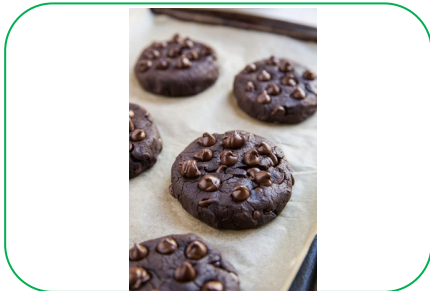
Apples



Bananas



Pears

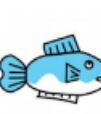


Double Chocolate Black Bean Cookies

Black beans, soy yoghurt, agave, vanilla extract, cocoa powder, baking powder, self raising flour, dark chocolate chunks



Yoghurts

ITEMS CONTAINING ALLERGENS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Wheat Pasta		×												
Pasta Sauces	×													
Grated Cheddar							×							
Flat bread		×												
Cheeses							×							
Tuna				×	×									
Boiled Eggs				×										
Tzatziki													×	
Bread Sticks		×												
Black Bean Cookies		×											×	
Asian Sauce													×	
Prawn crackers			×											

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

[illegible]