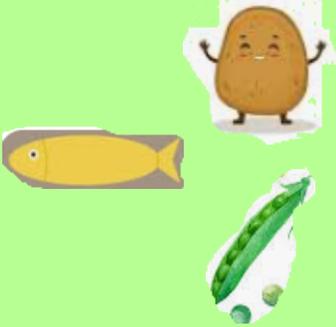


<p>Meat Free Monday</p>	<p>Pitta Party Tuesday</p>	<p>World Cuisine Wednesday</p>	<p>Traditional Thursday</p>	<p>Fish Friday</p>
				
<p>Rainbow Pasta Tomato & veggie sauce Cheese Salad</p>	<p><i>Pitta pockets with a selection of fillings.</i> Sliced Cheese Halloumi Feta Roast Chicken Pieces Tuna Lettuce Cucumbers Tomatoes, Dips</p>	<p>A taste of Mexico Chilli con Carne Sweet Potatoes Sweet Corn Baby Spinach Guacamole</p>	<p>Creamy Broccoli Rice Bake Creamy Veggie Sauce Rice Broccoli</p>	<p>Fish in breadcrumbs Baby Potatoes Peas</p>
<p>Apples</p>	<p>Fudge Brownie</p>	<p>Mandarin</p>	<p>Bananas</p>	<p>Yoghurts</p>
<p>Meat free, gluten free, dairy free alternatives always available.</p>				

**Meat Free
Monday**

Rainbow Pasta home cooked with school grown herbs



The children are adding to their flavour palate with Miss Cullen's tasty pasta sauce - packed with a rainbow of veggies.

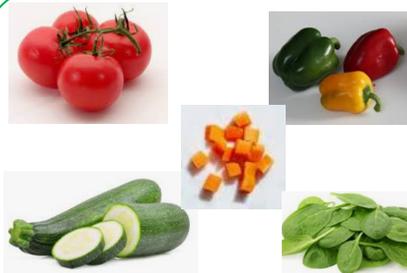
Ingredients



**Variety of Carbohydrates
for energy**



**Protein & Calcium
for tissue growth and**



**Vitamin C & Iron
For immune system**



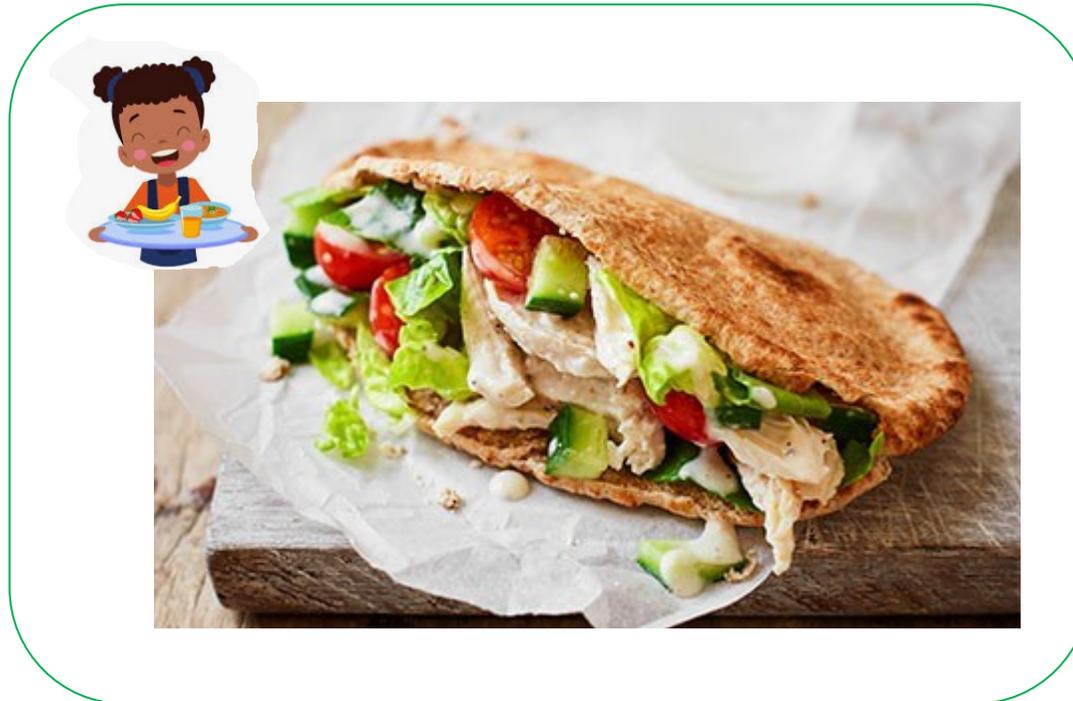
**School Grown Herbs
for Flavour**



Heart Healthy

Pitta Party Tuesday

Pitta Pockets, Picnic Style



The children love having a picnic style lunch with their friends. They choose and make their own meal and also explore different pitta fillings each week.

Ingredients

Pittas



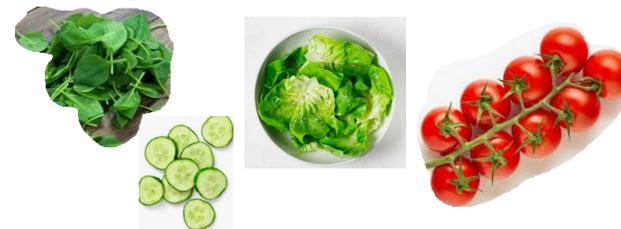
Carbohydrates
for energy
Source of fibre

Cheddar, Feta, Halloumi, Chicken and Tuna



Protein
for tissue growth
Calcium source

Salads



Vitamins, Minerals and Fibre

Fudge Brownies



A Sweet Treat with a Hidden Veggie
Vitamin A for immunity and good vision

World Cuisine
Wednesday

Mexican Chilli and Sweet Potatoes



A taste of Mexico



Ingredients

Sweet Potatoes



Carbohydrates
for energy
Source of fibre and vitamin A

Turkey and Kidney Beans



Protein
for tissue growth

Vegetables



Vitamins, Minerals and Fibre
Mild tasting veggies to help the children get used to variety in their diet



For Flavour
Sweet paprika, cumin and garlic with antioxidants for a strong immune system

Traditional
Thursday

Creamy Broccoli Rice Bake



Ingredients

Rice



Carbohydrates
for energy

Cannellini Beans



Protein
for tissue growth

Creamy Veggie Sauce



For Flavour
Mild tasting

Vegetables



Vitamins, Minerals & Fibre
For immune system and gut health

Friday

Fish Friday

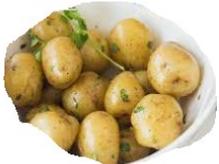


*A rotation of
tasty breaded
fish:*

*Big fish
Fish Cakes
Fish Fingers*

Ingredients

Baby potatoes with



school grown herbs

Carbohydrates
for energy



Protein
for tissue growth

Brain & Heart
Healthy Oils



Vitamins
For immune system

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.



Easy Peelers Mandarin



Bananas



Apples



Fudge Brownies
Butternut Squash, Dairy free Yoghurt, Agave, Flour, Cocoa Powder, Dairy free Dark Chocolate



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							
Pitta		X												
Mayonnaise				X										
Tuna					X									
Fudge Brownies		X											X	
Creamy Veggie Sauce									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.



Plan

What step would you like to get to today?

Do

1. look

2. smell

3. lick

4. chew

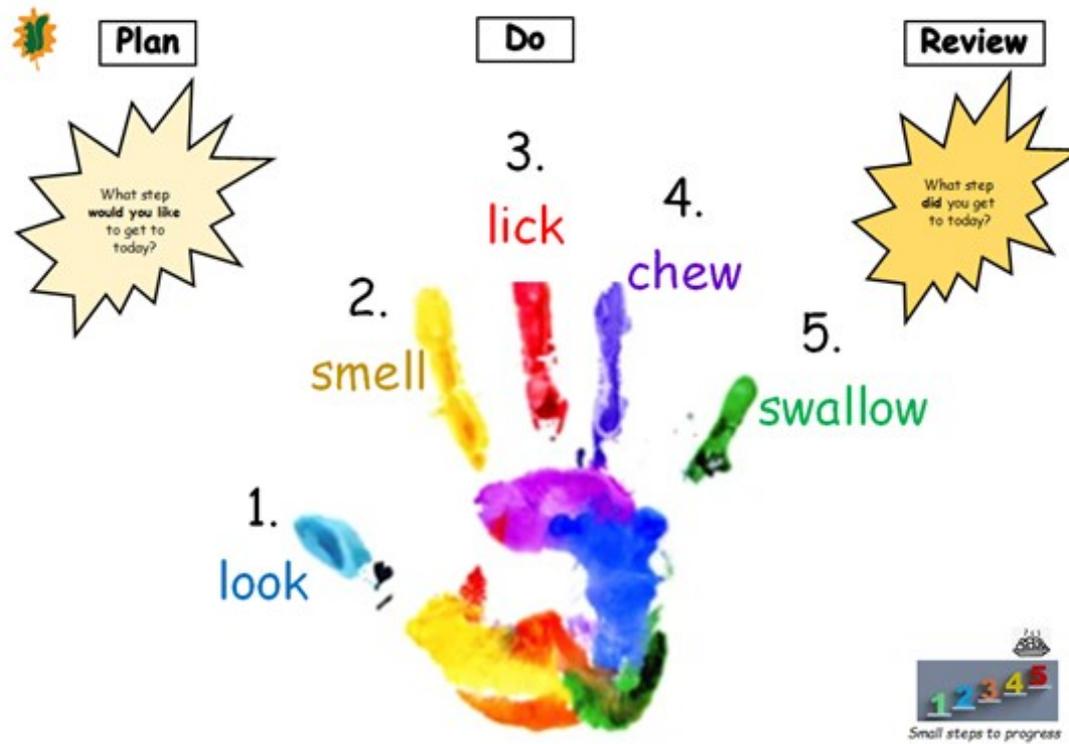
5. swallow

Review

What step did you get to today?



Small steps to progress



<p>Food</p> <p>What food will you try today?</p>	<p>Plan</p> <p>What step would you like to get to?</p>	<p>Do</p> <p>What step did you get to?</p>	<p>Review</p> <p>How did it go today? How do you feel? Do you have any plans for next time?</p>