

Week C



Our seasonal menus run on a four weekly rota providing a varied diet and lots of new food each week. The menus have been carefully created to meet nutritional guidelines for young children. Children are introduced to fresh fruit and vegetables daily which are locally sourced.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals and toast Milk/water (dairy free options available)	Selection of cereals and toast Milk/water (dairy free options available)	Selection of cereals and toast Milk/water (dairy free options available)	Selection of cereals and toast Milk/water (dairy free options available)	Selection of cereals and toast Milk/water (dairy free options available)
Allergens	Wheat, Corn, Malted Barley, Dairy	Wheat, Corn, Malted Barley, Dairy	Wheat, Corn, Malted Barley, Dairy	Wheat, Corn, Malted Barley, Dairy	Wheat, Corn, Malted Barley, Dairy
Dinner	Cheesy broccoli pasta Cake and custard Milk/water (dairy free options available)	Fish or vegetable fingers with chips Fruit kebab Milk/water (dairy free options available)	Jacket potato, beans, and cheese Flapjack Milk/water (dairy free options available)	Quorn mince and vegetables fajitas Angel delight Milk/water (dairy free options available)	Vegetable stew and bread Shortbread biscuits Milk/water (dairy free options available)
Allergens	Wheat, Milk	Fish, Wheat	Barley, Eggs, Wheat, Oats, Milk	Eggs, Wheat, Barley	May Contain: Barley, Oats, Rye. Contains: Soya, Wheat
Snack	Crumpets with jam Milk/water (dairy free options available)	Mixed fruit and crackers Milk/water (dairy free options available)	Toasted sweet waffle Milk/water (dairy free options available)	Rice cake with fruit Milk/water (dairy free options available)	Crackers and breadsticks Milk/water (dairy free options available)
Allergens	May Contain: Milk, Soya. Contains: Wheat	Soya, Wheat, Rye.	May Contain: Nuts. Contains: Eggs, Lupin, Milk, Wheat	May Contain: Milk, Sesame.	Soya, Wheat, Rye
Light tea	Potato waffles with spaghetti hoops Biscuits Milk/water (dairy free options available)	Cheese and tomato pizza with wedges Fruit Milk/water (dairy free options available)	Mixed sandwiches Biscuits Milk/water (dairy free options available)	Soup and bread Fruit Milk/water (dairy free options available)	Vegetable fingers and bean Biscuits Milk/water (dairy free options available)
Allergens	Wheat, Milk	Wheat, Milk	May Contain: Barley, Oats, Rye, Milk Contains: Soya, Wheat	May Contain: Barley, Oats, Rye Contains: Soya, Wheat	Wheat, Milk

All meat is halal

Water is always freely available throughout the day

Medical dietary requirements are adhered to, and menu is discussed and agreed with parents prior to starting.