

Week B



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 Shortbread Milk/water (dairy free options available)	Stir fry noodles, Quorn mince and vegetables. Cornflake pie and custard Milk/water (dairy free options available)	Chilli con-carne with rice Fruit salad Milk/water (dairy free options available)	Vegetable pie with mash and garlic bread Yogurt Milk/water (dairy free options available)	Jacket potato, beans, and cheese Yogurt and fruit Milk/water (dairy free options available)
Allergens	Wheat, Milk	Eggs, Wheat, Milk, Barley	May contain: Celery, Eggs, Milk, Mustard, Oats, Rye, Milk, Wheat	Milk, Eggs	Milk
Snack	French toast Milk/water (dairy free options available)	Veg sticks with houmous Milk/water (dairy free options available)	Crackers and cheese with fruit Milk/water (dairy free options available)	Pancakes with jam Milk/water (dairy free options available)	French toast and cream cheese Milk/water (dairy free options available)
Allergens	Wheat, Barley, Egg	Barley, Wheat, Sesame	Soya, Wheat, Milk, Rye.	Wheat, Milk, Egg	Wheat, Milk, Egg
Light tea	Beans on toast Fruit Milk/water (dairy free options available)	Mini cheese wraps Biscuit Milk/water (dairy free options available)	Quorn hot dogs with salad and sauce Fruit Milk/water (dairy free options available)	Mix vegetable pizza Biscuit Milk/water (dairy free options available)	Potato waffles with spaghetti hoops Fruit Milk/water (dairy free options available)
Allergens	May Contain: Barley, Oats, Rye. Contains: Soya, Wheat	May Contain: Barley, Oats, Rye. Contains: Wheat, milk	May Contain: Barley, Soya	Wheat, Milk	Milk, Wheat

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.