

Week A



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 Rice pudding Milk/water (dairy free options available)	Vegetable curry and rice Fruit Milk/water (dairy free options available)	Quorn sausage, mash, and beans Flapjack Milk/water (dairy free options available)	Jacket potato beans and cheese Cake and custard Milk/water (dairy free options available)	Freshly baked pizza, potato wedges and mix vegetable. Angel delight Milk/water (dairy free options available)
Allergens	Wheat, Milk		Barley, Eggs, Wheat, Oats	Milk, Eggs	Wheat, Milk
Snack	Pan cakes and fruit Milk/water (dairy free options available)	Breadsticks with vegetable dips Milk/water (dairy free options available)	Toasted tea cakes Milk/water (dairy free options available)	Rice cakes with fruit Milk/water (dairy free options available)	Crackers and houmous Milk/water (dairy free options available)
Allergens	Milk, Wheat	May Contain: Milk, Sesame, Soya. Contains: Barley, Wheat	May Contain: Barley, Eggs, Milk, Oats, Rye. Contains: Soya, Wheat.	May Contain: Milk, Sesame.	Wheat, Sesame
Light tea	Beans on toast Biscuit Milk/water (dairy free options available)	Potato cakes and spaghetti hoops Biscuit Milk/water (dairy free options available)	Soup and bread Fruit Milk/water (dairy free options available)	Couscous and poppadom's Biscuit Milk/water (dairy free options available)	Cheese on toast Fruit Milk/water (dairy free options available)
Allergens	May Contain: Barley, Oats, Rye. Contains: Soya, Wheat	May Contain: Eggs, Milk, Soya. Contains: Wheat.	May Contain: Barley, Oats, Rye. Contains: Soya, Wheat	May Contain: Nuts, Peanuts Contains: Wheat	May Contain: Barley, Oats, Rye. Contains: Soya, 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.