

LUNCH MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cottage Pie with peas & carrots b, s, m, c	Potato & leek soup with ham, cheese or turkey sandwiches wh,c,m	Pesto pasta with chicken wh, m, e, t	Lasagne wh, e, m, c	Chicken goujons & garlic bread with sweetcorn, tomatoes & cucumber wh,e,m
Afternoon Snack	Rice cakes with cheese triangle, Cherry Tomatoes, Pepper slices & Cucumber m	Mini Pancakes with Yoghurt, Grapes (½'s) & Carrot sticks wh,e,m	Crackers with cheese strips, Cherry Tomatoes, Cucumbers and Melon wh, m	Breadsticks with Hummus, Pepper slices, Pineapple & Carrot sticks wh, se	Crisps/popcorn/chocolate rice cakes M, S
Week 2	Spaghetti bolognese with hidden veggies wh, e, m, c	Baked Ham, mashed potato, broccoll, cauliflower, carrots & Peas m	Fish Fingers & Wedges, sweetcorn, tomatoes & Cucumber wh	Chicken & mixed vegetable fajitas wh, s, m	Vegetable & Tomato Pasta Bake wh, c, e, m
Afternoon Snack	Raisin Bagels with yoghurt & Pineapple wh, m	Pretzels with Melon & Orange slices & Raisins wh, m	Crispbread, Carrot sticks & cheese m, wh	Brioche, Sugarsnaps, pepper & banana wh, m, e	Crisps/popcorn/chocolate rice cakes m
Week 3	Mild chicken and vegetable curry & rice m, c, s	Pesto pasta with chicken & tomatoes wh, m, e, t	Sausages, mash & Beans/Peas wh, m	Chicken noodle soup with brown bread wh, m, e, c	Baked Potatoes with Tuna & sweetcorn, cheese & beans or Cheese & Ham m
Afternoon Snack	Breadsticks with Hummus, Pepper slices, Pineapple & Carrot sticks wh, se	Ham or Cheese Mini Wraps with Pears, Banana & Cucumber wh,m, e	Pitta Bread strips with Boiled Eggs, Ham slices, Sugar snap & Cherry Tomatoes e, wh	Mini Pancakes with Yoghurt, Grape (½'s) & Carrot sticks wh, m	Crisps/popcorn/chocolate rice cakes m
Week 4	Chilli con carne with rice c, s	Pizza bagels with corn, peppers & cucumber wh, r, b, m, s	Minestrone soup with bread wh,e,c,m	Roast chicken, mash, broccoll, cauliflower, peas & carrots m, wh, b, s	Macaroni cheese wh, e, m
Afternoon Snack	Crackers with cheese strips, Cherry Tomatoes, Cucumbers and Melon wh, m	Brioche, Sugarsnaps, Pepper & Banana wh, m, e	Rice cakes with cheese triangles, Cherry Tomatoes, Pepper slices & Cucumber e, m	Pretzels with Melon & Orange slices & Raisins wh, m	Crisps/popcorn/chocolate rice cakes m
Week 5	Chicken & Vegetable fried Rice s, c, wh	Meatballs & Pasta wh,m,e,s	Vegetable soup with ham, cheese or turkey sandwiches wh,c,m,e	Homemade burgers & wedges with salad wh, e, m, c	Chicken casserole with potatoes, carrots, peas & celery g,c,s
Afternoon Snack	Rice cakes with cheese triangle, Cherry Tomatoes, Pepper slices & Cucumber m	Mini Pancakes with Yoghurt, Grapes (½'s) & Carrot sticks wh,e,m	Crackers with cheese strips, Cherry Tomatoes, Cucumbers and Melon wh, m	Breadsticks with Hummus, Pepper slices, Pineapple & Carrot sticks wh, se	Crisps/popcorn/chocolate rice cakes M, S

Wheat: Wh Rye: R
Barley: b

Mustard: mu
Celery: c
Soya: s

Sesame: se
Treenuts: t
Lupin: l

Crustaceans: cr
Fish: f

Sulphur dioxide: su
Peanuts: p

Milk: m
Eggs: e
Molluscs: mo