

Menu A - Spring Term

Breakfast

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|---|--------------------------|-----------------|--------------|--------|
| Cereals | Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g) | | | | |
| Bread | Wholemeal Toast (g, soy), Bagels (g, d), Crumpets (g, d) and English muffins (g, d) | | | | |
| Spreads | Jam, Honey, Dairy Free Spread and Butter (d) | | | | |
| Hot | | Reduced Salt Baked beans | Boiled eggs (e) | Porridge (g) | |
| Fruit | Assorted Fruit | | | | |
| Drink | Water, Milk (d), Orange Juice and Apple Juice | | | | |

Lunch

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|--|---|---|--|
| Main dish | Mac (g) and cheese (d) parmesan (d) and Cheddar (d) | Chinese Black Bean with Beef and rice (soy, fish, g) | Pizza (g): with cheese (d), and homemade tomato sauce | Herby Roast Chicken Breast, Gravy (g) | Breaded / battered fish (g, fish, d) |
| Vegetarian alternative | | Chinese Black Bean with vegetables and rice (soy, g) | | Herbed roasted quorn (e) fillet, Gravy (g) | Vegetable Pie (d) (g) (e) |
| Vegetable / Side dish | Mixed steamed vegetables | Broccoli, beansprouts, mangetout, sweetcorn | Cajun spiced wedges and corn on the cob | Garlic and rosemary roast potato, honey carrots | Chips and peas |
| Dessert | 50% fruit yoghurt (d) or fresh fruit | Fresh fruit selection | Victoria sponge (d, e, g) or fresh fruit | Fresh fruit selection | Ice cream (d) selection or fresh fruit |

Extended Day Snack

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|------------------------------------|--|
| Main dish including vegetarian alternative | Reduced salt baked beans and toast triangles (g, soy) and spread (d) | Wholemeal Pitta pockets (g) with hummus, or cheese (d) | Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d) | Cheese (d) and Jacobs Crackers (g) | Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d) |
| Vegetable | Cucumber and carrot sticks | Mixed peppers and celery sticks | Cucumber and carrot sticks | Mixed peppers and celery sticks | Cucumber and carrot sticks |
| Dessert | Fresh Fruit | Jelly Pots | Fruit Yoghurt Pots (d) | Fresh Fruit | Fresh Fruit |

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

Please note that we will always aim to provide wholemeal however we have been experiencing some difficulties with wholesalers.

Menu B - Spring Term

Breakfast

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|---|--------------------------|-----------------|--------------|--------|
| Cereals | Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g) | | | | |
| Bread | Wholemeal Toast (g, soy), Bagels (g, d), Crumpets (g, d) and English muffins (g, d) | | | | |
| Spreads | Jam, Honey, Dairy Free Spread and Butter (d) | | | | |
| Hot | | Reduced Salt Baked beans | Boiled eggs (e) | Porridge (g) | |
| Fruit | Assorted Fruit | | | | |
| Drink | Water, Milk (d), Orange Juice and Apple Juice | | | | |

Lunch

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|---|---|--|--|
| Main dish | Jacket potato with a choice of fillings: cheese (d), baked beans, tuna (fish) mayo (e,) or and cream cheese (d) | Chicken Sausage (g) with mash (d) | Beef lasagne (d, (e) g) | Shepherd's pie with olive oil mash | Breaded Chicken (g, e) |
| Vegetarian alternative | | Vegetarian Sausages (g) with mash (d) | Vegetable lasagne (d, g, (e)) | Lentil and Vegetable Pie (g), olive oil mash | Crispy quorn fingers (g, e) |
| Vegetable / Side dish | Salad Bar | Mixed steamed vegetables | Shredded lettuce, tomato and cucumber salad | Mixed steamed vegetables | Chips and peas |
| Dessert | Fresh fruit selection | Chocolate sponge (d, e, g) or fresh fruit | Fresh fruit selection | 50% fruit yoghurt (d) or fresh fruit | Ice cream (d) selection or fresh fruit |

Extended Day Snack

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|------------------------------------|--|
| Main dish including vegetarian alternative | Reduced salt baked beans and toast triangles (g, soy) and spread (d) | Wholemeal Pitta pockets (g) with hummus, or cheese (d) | Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d) | Cheese (d) and Jacobs Crackers (g) | Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d) |
| Vegetable | Cucumber and carrot sticks | Mixed peppers and celery sticks | Cucumber and carrot sticks | Mixed peppers and celery sticks | Cucumber and carrot sticks |
| Dessert | Fresh Fruit | Jelly Pots | Fruit Yoghurt Pots (d) | Fresh Fruit | Fresh Fruit |

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

Please note that we will always aim to provide wholemeal however we have been experiencing some difficulties with wholesalers.