

Week 1	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Roasted chicken served with roasted potatoes, gravy and steamed vegetables <i>Contain: (Celery)</i> Butternut squash + Parsnip Banana and blackberry slices <i>Contain: (Gluten, Dairy, Egg)</i>	Wholemeal Penne Pasta with seasonal roasted vegetables in a tomato, basil and Parsley sauce <i>Contain: (Gluten, Celery)</i> Broccoli + carrots Seasonal fruit platter
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Homemade burgers with hidden vegetables served on a wholemeal bap, red pepper & apple slaw + grated cheddar cheese <i>Contain: (Celery, Dairy, Soya, Gluten, Mustard, Egg)</i> Courgette + sweet potato Pineapple and coconut Flapjack <i>Contain: (Gluten, Dairy)</i>	Spiced Thai carrot, red pepper and coconut soup served with Homemade crusty bread <i>Contain: (Celery, dairy, soya, gluten,)</i> Swede + Parsnip Organic yogurt and mango pulp <i>Contain: (Dairy)</i>
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Bowtie pasta served with roasted spring/summer vegetables in a sweet potato and red pepper sauce +Babycorn <i>Contain: (Celery, Dairy, Soya, Gluten)</i> Carrot + cauliflower Fresh Fruit salad	Chicken and apricot rolls served with baked beans <i>Contain: (Gluten, Sulphites, Eggs)</i> Potato + sweetcorn Cranberry and Apricot Oat Cookies <i>Contain: (Gluten, Dairy, Eggs)</i>
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chicken and barley Hotpot filled with root vegetables, served with double cooked baby potatoes + green beans <i>Contain: (Celery, Gluten)</i> Sweet potato + Broccoli Frozen Strawberry and raspberry yogurt <i>Contain: (Dairy)</i>	Muffin Pizza topped with mixed vegetables served with tangy apple slaw <i>Contain: (Celery, dairy, soya, gluten, Egg, Mustard)</i> Butternut squash + white beans Seasonal fruit platter
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Lamb stroganoff with peppers, spring onion and soured cream served with steamed Brown rice and Baby carrots <i>Contain: (Celery, Dairy, Gluten)</i> Parsnip + Peas Fig and gooseberry folded tart <i>Contain: (Gluten)</i>	Cod Fingers served with baked beans <i>Contain: (Gluten, Fish)</i> Carrots + Potato Beetroot and Chocolate cake <i>Contain: (Gluten, Egg, Dairy)</i>

Spring/Summer Menu 2019



Fresh produced food daily onsite
Vegetarian and all dietaries available
Happy to support local Suppliers

Baby food Puree is highlighted in Green. As babies get older they will be introduced to more textured/lumpy food. We will follow children's progress as they get older and more confident. Please Contact any member of staff for any progress or specific requirement

Week 2	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chilli con carne served with steamed brown rice and baby carrots contains: (Gluten, Celery) Swede + Carrots Coconut flapjack Contain: (Gluten, Dairy,)	Wholemeal sandwich selection with ham and cheese, egg mayo + vegetable sticks Contain: (Dairy, soya, gluten, Soya, Egg) Broccoli + Peas Organic yogurt with berry compote Contain: (Dairy, Sulphites)
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Creamy Ham, leek and mushroom pasta bake contain: (Gluten, dairy) Sweet potato + cauliflower Fresh fruit salad	Chicken Fajitas served with wholemeal wrap, grated cheese and tangy apple slaw Contain: (Gluten, Dairy, Celery, Mustard, Egg) Butternut squash + Parsnip Choc chip cookies Contain: (Dairy, Eggs, Gluten)
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Golden cottage pie with hidden vegetables served with steamed broccoli contains: (Celery) Parsnip + Courgette Apple and Blackberry Crumble served with custard contains: (Dairy, Gluten)	Salmon fingers served with baked beans contain: (Fish, Gluten) Beans + Carrots Seasonal fruit platter
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Lightly herbed sausages with mash potatoes, steamed vegetables and homemade gravy Contain: (Dairy, Gluten, Sulphites) Sweetcorn + butternut squash Banana and raspberry frozen yogurt Contain: (Dairy)	Cauliflower cheese soup served with sundried tomato and olive Crusty bread contain: (Celery, Dairy, Gluten, Soya) Cauliflower + Potato Pear, apricot and oat muffins Contain: (Gluten, Dairy, Egg)
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Macaroni cheese with fried spring/summer vegetables contain: (Gluten, dairy) Sweet potato + Parsnip Spiced Orange Biscotti Contain: (Eggs, Gluten)	Star brioche filled with coronation chicken served with sliced cucumber Contain: (Dairy, gluten, Mustard, Egg, Soya) Peas + sweetcorn Fresh fruit salad

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Week 3	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Wholemeal Penne Pasta with seasonal roasted vegetables in a tomato, basil and Parsley sauce served with baby carrots Contain: (Gluten, Celery) Butternut squash + Parsnip Pear and Blueberry Frozen yogurt Contain: (Dairy)	Muffin Pizza topped with mixed vegetables served with tangy apple slaw Contain: (Eggs, Dairy, Soya, Gluten, Mustard, Celery) Broccoli & carrots Caramelised Pear tart Contain: (Gluten)
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Spiced Pork meatballs in a sweet potato and cherry tomato sauce, served with mash potatoes, peas & sweetcorn Contain: (Celery, Dairy) Courgette & Sweet potato Apricot and date bars Contain: (Gluten, Dairy)	Mini toad in a hole filled with shredded chicken and mixed vegetables served with baked beans Contain: (Gluten, Eggs, Dairy) Swede & Parsnip Tropical fruit salad
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Linguine with Roasted Salmon in a creamy mascarpone & dill sauce served with steamed broccoli Contain: (Dairy, Gluten, Fish) Carrot & Cauliflower Organic yogurt and Mango pulp Contain: (Dairy)	Red lentil, tomato and red pepper soup, served with homemade Bread Contain: (Gluten, Celery, Dairy, Soya) Potato & Sweetcorn Homemade pancakes and banana Contain: (Gluten, Eggs, Dairy)
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Beef, sweet potato and spinach curry served with homemade butternut squash bread Contain: (Gluten, Celery, Dairy, Mustard) Sweet potato & Broccoli Tropical fruit salad	Jacket potato served with baked beans and grated cheese Contain: (Dairy, Celery) Butternut squash & white beans Oat and raisin cookies Contain: (Gluten, Eggs)
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Ultimate Chicken Cobbler with seasonal root vegetables and green beans, served with steamed baby corn Contain: (Celery, Gluten) Parsnip & Peas Vanilla biscuit Contain: (Gluten, Dairy)	Tuna pasta bake with hidden vegetables Contain: (Dairy, Gluten, Fish, Celery) Carrots & Potato Seasonal fruit platter

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Week 4	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chilli con carne served with Jacket Potato and grated cheddar cheese Contain: (Celery, Dairy) Broccoli + Peas Greek style yogurt with strawberry blend Contain: (Dairy, Sulphites)	Creamy mushroom, garlic and leek Soup served with crusty bread Contain: (Celery, Gluten, Dairy, Soya) Swede + Carrots Seasonal Fruit Platter
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Pork, apple and sage casserole with parsnip, carrot and swede served with crusty bread Contain: (Celery, Sulphites, Gluten, Soya) Butternut squash + Parsnip Apple and raisin oat muffins Contain: (Gluten, Egg, Dairy)	Wholemeal sandwich with chicken, cheese and cucumber+ vegetable sticks Contain: (Dairy, soya, gluten) Sweet potato + cauliflower Lemon and ginger shortbread Contain: (Gluten, dairy)
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Spaghetti served with roasted cod, tomato, fennel and coriander sauce and sliced green beans Contain: Gluten, celery, Fish) Beans + Carrots Tropical Fruit Salad	Chicken Fajitas served with wholemeal wrap, cheese and tangy apple slaw Contain: (Gluten, Dairy, Celery, Mustard, Egg) Parsnip + Courgette Banana Flapjack Contain: (Dairy, Gluten)
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chicken, red lentil and spinach curry served with steamed brown rice and peas and sweetcorn Contain: (Celery, Mustard) Cauliflower + Potato Bramley apple and rhubarb cobbler with custard Contain: (Dairy, Gluten)	Ham and cheese Baked with mixed vegetables served with baked beans Contain: (Gluten, Dairy, Egg) Sweetcorn + butternut squash Greek style yogurt and raspberry blend Contain: (Dairy)
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Shepherds pie with grated marrow, courgette and butternut squash served with broccoli Contain: (Celery) Peas + sweetcorn Frozen Mango yogurt Contain: (Dairy)	Macaroni cheese with roasted aubergine, leeks and spring onion contains: (Gluten, Dairy) Sweet potato + Parsnip Fresh fruit salad

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