

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 contain: (Celery,) Butternut squash + Parsnip Banana and blackberry slices Contain: (Gluten, Dairy, Egg)	Wholemeal Penne Pasta with seasonal roasted vegetables in a tomato, basil and Parsley sauce contain: (Gluten, Celery) 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 contain: (Celery,, Dairy, Soya, Gluten, Mustard, Egg) Courgette + sweet potato Coconut Flapjack Contain: (Gluten, Dairy)	Spiced Thai carrot, red pepper and coconut soup served with Homemade crusty bread Contain: (Celery, dairy, gluten) Swede + Parsnip Organic yogurt and mango pulp Contain: (Dairy)
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 Contain: (Celery, Dairy, Gluten) Carrot + cauliflower Fresh Fruit salad	Homemade sausage rolls served with baked beans contain: (Gluten, Sulphites, Eggs) Potato + sweetcorn Cranberry and Apricot Oat Cookies contain: (Gluten, Eggs)
Thursday	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 broccoli contain: (Celery, Gluten) Sweet potato + Broccoli Frozen Strawberry and raspberry yogurt Contain: (Dairy)	Muffin Pizza topped with mixed vegetables served with tangy apple slaw Contain: (Celery, dairy, soya, gluten, Egg, Mustard) 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 rice and Baby carrots contain: (Celery, Dairy) Parsnip + Peas Fig and pear folded tart contain: (Gluten)	Cod Fingers served with baked beans Contain: (Gluten, Fish) Carrots + Potato Beetroot and Chocolate cake Contain: (Gluten, Egg, Dairy)

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	Stuffed Yorkshire puddings with paprika chicken and sweetcorn served with tangy apple slaw Contain: (Gluten, Dairy, Mustard, Egg ,Soya) 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) 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)	Spiced cheese and sweetcorn patties served with sliced cucumber and baked beans Contain: (Dairy, gluten, Mustard, Egg) Peas + sweetcorn Fresh fruit salad

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) Butternut squash + Parsnip Spiced apple 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) Butternut squash + Parsnip Apricot and date bars Contain: (Gluten, Dairy)	Homemade sausage rolls served with baked beans contain: (Gluten, Eggs, Dairy) Butternut squash + 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) Butternut squash + Parsnip Organic yogurt and Mango pulp Contain: (Dairy)	Tomato, butternut squash and red pepper soup, served with homemade Bread contain: (Gluten, Celery, Dairy) Butternut squash + Parsnip 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 curry served with homemade butternut squash bread Contain: (Gluten, Celery, Dairy, Mustard) Butternut squash + Parsnip Tropical fruit salad	Jacket potato served with baked beans and grated cheese Contain: (Dairy, Celery) Butternut squash + Parsnip 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	Tuna pasta bake with hidden vegetables Contain: (Dairy, Gluten, Fish, Celery) Butternut squash + Parsnip Vanilla biscuit Contain: (Gluten, Dairy)	Homemade butternut squash bread balls served with baked beans and sliced cucumber Contain: (Dairy, Gluten) Butternut squash + Parsnip Seasonal fruit platter

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) Swede + Carrots Seasonal Fruit Platter
Tuesday	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) Butternut squash + Parsnip Apple and oat apricot muffins Contain: (Gluten, Egg, Dairy)	Yorkshire pudding with Spanish chicken, sweetcorn and chives served with Baked beans Contain: (Gluten, Egg, Soya, Dairy) 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	Beef stew with root vegetables and herby dumplings served with steamed baby corn Contain: (Gluten, celery, Fish) Beans + Carrots Tropical Fruit Salad	Wholemeal sandwich with chicken, cheese and cucumber+ vegetable sticks Contain: (Dairy, soya, gluten) 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 curry served with homemade thyme bread balls Contain: (Celery, Mustard, Dairy, Gluten) 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