

Week 1	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 + Carrot 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) Courgette + Sweet Potato Apricot and date bars Contain: (Gluten, Dairy)	Homemade Chicken rolls 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 Yogurt and Mango pulp Contain: (Dairy)	Turnip, apple and butterbean Soup served with homemade Bread contain: (Gluten, Celery, Dairy) 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 Turnip 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 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	Turkey pasta bake with hidden vegetables Contain: (Dairy, Gluten, Celery) Peas+ Parsnip Vanilla biscuit Contain: (Gluten, Dairy)	Homemade butternut squash bread balls served with baked beans and sliced cucumber Contain: (Dairy, Gluten) Carrot + Potato Seasonal fruit platter

## Spring/Summer Menu 2021

**Advantage**  
Childrens Day Nursery

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

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Week 2	Breakfast	Snack	Lunch	Dinner
Monday	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 contain: <b>(Celery)</b> <b>Swede + Carrots</b> Coconut flapjack Contain: <b>(Gluten, Dairy,)</b>	Wholemeal sandwich selection with ham and cheese, egg mayo + vegetable sticks Contain: <b>( Dairy, soya, gluten, Soya, Egg)</b> <b>Broccoli + Peas</b> Homemade Berry yogurt Contain: <b>(Dairy, Sulphites)</b>
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: <b>(Gluten, dairy)</b> <b>Sweet potato + cauliflower</b> Fresh fruit salad	Stuffed Yorkshire puddings with paprika chicken and sweetcorn served with tangy apple slaw Contain: <b>( Gluten, Dairy, Mustard, Egg ,Soya)</b> <b>Butternut squash + Parsnip</b> Choc Brownie cookies Contain: <b>(Dairy, Eggs, Gluten)</b>
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chilli con Carne served with Steamed Rice and Baby Carrots contains: <b>(Celery)</b> <b>Parsnip + Courgette</b> Strawberry and ginger Crumble contain: <b>(Dairy, Gluten)</b>	Salmon fingers served with baked beans contain: <b>(Fish, Gluten)</b> <b>Beans + Carrots</b> 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: <b>(Dairy, Gluten, Sulphites)</b> <b>Sweetcorn + butternut squash</b> Banana and raspberry frozen yogurt Contain: <b>(Dairy)</b>	Cauliflower cheese soup served with sundried tomato and olive Crusty bread contain: <b>(Celery, Dairy, Gluten)</b> <b>Cauliflower + Potato</b> Pear, apricot and oat muffins Contain: <b>(Gluten, Dairy, Egg)</b>
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: <b>(Gluten, dairy)</b> <b>Sweet potato + Parsnip</b> Spiced Butternut Squash & Chocolate Oat Cookies Contain: <b>(Eggs, Gluten)</b>	Mini chicken Enchiladas served with sliced cucumber and baked beans Contain: <b>(Gluten Egg)</b> <b>Peas + sweetcorn</b> 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	Roasted chicken served with roasted potatoes, gravy and steamed vegetables contain: <b>(Celery,)</b>  Butternut squash + Parsnip  Banana and blackberry slices Contain: <b>(Gluten, Dairy, Egg)</b>	Wholemeal Penne Pasta with seasonal roasted vegetables in a tomato, basil and Parsley sauce contain: <b>(Gluten, Celery)</b>  Broccoli + carrots  Seasonal fruit platter
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Lamb and Mint Hotpot served with steamed broccoli contain: <b>(Celery)</b>  Courgette + sweet potato  Lemon Drizzle Flapjack Contain: <b>(Gluten, Dairy)</b>	Spiced Thai carrot, red pepper and coconut soup served with Homemade crusty bread Contain: <b>(Celery, dairy, gluten)</b>  Swede + Parsnip  Organic yogurt and mango pulp Contain: <b>(Dairy)</b>
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: <b>(Celery, Dairy, Gluten)</b>  Carrot + cauliflower  Fresh Fruit salad	Homemade sausage rolls served with baked beans contain: <b>(Gluten, Sulphites, Eggs)</b>  Potato + sweetcorn  Cranberry and Apricot Oat Cookies contain: <b>(Gluten, Eggs)</b>
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: <b>(Celery, Gluten)</b>  Sweet potato + Broccoli  Frozen Strawberry and raspberry yogurt Contain: <b>(Dairy)</b>	Muffin Pizza topped with mixed vegetables served with tangy apple slaw Contain: <b>(Celery, dairy, soya, gluten, Egg, Mustard)</b>  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	Beef Goulash served with steamed rice and Baby carrots contain: <b>(Celery, Dairy)</b>  Parsnip + Peas  Apple and elderflower rolls contain: <b>(Gluten)</b>	Cod Fingers served with baked beans Contain: <b>(Gluten, Fish)</b>  Carrots + Potato  Chocolate and Orange cake Contain: <b>(Gluten, Egg, Dairy)</b>

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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: <b>(Celery, Dairy)</b> <b>Broccoli + Peas</b> Homemade Strawberry yogurt Contain: <b>(Dairy, Sulphites)</b>	Creamy mushroom, garlic and leek Soup served with crusty bread Contain: <b>(Celery, Gluten, Dairy)</b> <b>Swede + Carrots</b> 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: <b>(Gluten, celery, Fish)</b> <b>Butternut squash + Parsnip</b> Apple and oat apricot muffins Contain: <b>(Gluten, Egg, Dairy)</b>	Yorkshire pudding with Spanish chicken, sweetcorn and chives served with Baked beans Contain: <b>(Gluten, Egg, Soya, Dairy)</b> <b>Sweet potato + cauliflower</b>  Lemon and ginger shortbread Contain: <b>(Gluten, dairy)</b>
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: <b>(Gluten, celery, Fish)</b> <b>Beans + Carrots</b> Tropical Fruit Salad	Wholemeal sandwich with chicken, cheese and cucumber+ vegetable sticks Contain: <b>(Dairy, soya, gluten)</b> <b>Parsnip + Courgette</b> Coconut Panacotta with strawberry lime coulis Contain: <b>(Dairy)</b>
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chicken sweet potato and chickpea curry served with homemade thyme bread ball Contain: <b>(Celery, Mustard, Dairy, Gluten)</b> <b>Cauliflower + Potato</b> Bramley apple and rhubarb crumble Contain: <b>(Dairy, Gluten)</b>	Ham and cheese Pinwheel served with baked beans Contain: <b>(Gluten, Dairy, Egg)</b> <b>Sweetcorn + butternut squash</b> Greek style yogurt and raspberry blend Contain: <b>(Dairy)</b>
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: <b>(Celery)</b> <b>Peas + sweetcorn</b> Passion fruit mousse Contain: <b>(Dairy)</b>	Macaroni cheese with roasted aubergine, leeks and spring onion contains: <b>(Gluten, Dairy)</b> <b>Sweet potato + Parsnip</b> Fresh fruit salad