









Spring Menu 2019 Week 1

| Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|---|--|--|--|
| Breakfast | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY |
| Morning snack | Breadsticks and sour cream and chive dip B/W/M/ | Crumpets W/G/ | Croissants E/W/G | Crackers and cheese W/M/ | Fresh fruit platter |
| Drinks | Milk or Water | | | | |
| Starter | | | Poppadum's with mango chutney | Spinach and feta pitta bake W/M | |
| Lunch | Roast of the week, potatoes veg and gravy  SY/W | Polish meatballs with mash potato  E/W/G/ | Balti chicken curry and rice  MD | Chicken and asparagus herby pasta W/M | Cheesy bean and vegetable potato bake M |
| Vegetarian option | Quorn roast with potatoes veg and gravy W/E/G/SY | Quorn meatballs with pasta or spaghetti E/W/G/ | Chickpea and veg Balti curry and rice MD | Tofu and asparagus herby pasta SY/G/W | |
| Pudding | Fresh fruit platter | Natural yoghurt with fresh fruit M | | | Fresh fruit with jelly |
| Drinks | Water | | | | |
| Tea | Wraps filled with various fillings and veg sticks W/G/M | Vegetable soup with wholemeal bread W/G/SY | Tuna and salmon pasta bake W/G/M/F | Oven baked omelette with salad E/M | Moroccan pork and vegetable cous cous C |
| Vegetarian option | Wraps filled with cheese and veg sticks W/G/M | | Cheesy pasta bake W/G/M | | Chickpea and vegetable cous cous C |
| Pudding | Carrot cake cookies W/G | Raspberry ricotta cake W/G/E/M | Fresh fruit crumble with cream W/G/M | Lemon tea cakes W/G/M | Natural yoghurt with honey M |
| Drinks | Milk or Water | | | | |

Spring Menu 2019 Week 2

| Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|--|---|---|---|---|
| Breakfast | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY |
| Morning snack | Crackers and cheese W/G/M/ | Croissants W/G/M/ | Crumpets W/G/ | Fresh fruit platter | Melon platter |
| Drinks | Milk or Water | | | | |
| Starter | Homemade garlic bread W/G | | | | Naan bread with raita dip W/G/M |
| Lunch | Spaghetti bolognaise  W/G | Polish sausages with potato and cabbage  E/W/G | Butter chicken with rice M/ME | Chicken & sweetcorn pie with new potatoes and peas M/W/G  | Chickpea shakshuka with rice E |
| Vegetarian option | Lentil bolognaise W/G | Quorn sausages potatoes and cabbage | Butter Tofu with rice SY/ME | Quorn and sweetcorn pie with new potatoes and peas M/W/G/E | |
| Pudding | | Jam kolaczki  W/G | Greek yoghurt with fruit puree M | German apple cake  E/W/G/M | |
| Drinks | Water | | | | |
| Tea | Thai coconut beef with rice C | Ratatouille & mozzarella with jacket potato M | Meatloaf with baked beans W/G/E | 3 veg mac and cheese W/G/M | Tortilla wrap filled with various fillings and salad W/G/M |
| Vegetarian option | Thai coconut Quorn with rice C/E/ | | Lentil and sweet potato loaf with baked beans SY/W/G/ME | | Cheese tortilla wraps with various fillings and salad W/G/M |
| Pudding | chocolate swirl banana bread W/G/M/E | Seasonal fruit smoothies M | Fresh fruit platter | Homemade ice-cream M | Greek yoghurt chocolate mousse M |
| Drinks | Milk or Water | | | | |

Spring Menu 2019 Week 3

| Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|--|---|--|---|--|
| Breakfast | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY | Low sugar cereals Fresh Fruit Toast Porridge W/G/M/SY |
| Morning snack | Melon platter | Fresh fruit platter | Breadsticks and hummus B/G/W/SE | Croissants W/G/M | Crackers with cheese spread W/G/B |
| Drinks | Milk or Water | | | | |
| Starter | | Bagna Cauda with crusty ciabatta M/W/G  | | Garlic feta dip with vegetable sticks M | |
| Lunch | Spring vegetable tagliatelle with lemon and chive sauce W/G/MD | Italian chicken with rice | Cottage pie with seasonal vegetables C/W/G/B/F  | Rigatoni with sausages and peas W/G/M | Gammon, new potatoes and veg served with parsley sauce M/W/G  |
| Vegetarian option | | Italian tofu with rice SY/ | Mixed bean cottage pie with seasonal vegetables C/W/G/B/F | Rigatoni with Quorn sausages and peas W/G/M | Quorn roast, new potatoes and veg served with parsley sauce M/W/G |
| Pudding | Lime drizzle cake made with mashed potatoes W/G | | Eves pudding E/W/G | | Natural yoghurt with honey M |
| Drinks | Water | | | | |
| Tea | Pork and apple casserole W/G/C/SY | Pizza pies with salad W/G/M | Mexican chicken with jacket potatoes SD | Creamy curried carrot and butterbean soup with wholemeal bread SY/M/W/G | Beef stir fry noodles with crunchy veg SY |
| Vegetarian option | | | | | |
| Pudding | Fresh fruit platter | Cinnamon and carrot cookies E/W/G | Natural yoghurt with fruit puree M | Lemon and blueberry bread W/G/E | Rhubarb strawberry crunch |
| Drinks | Milk or Water | | | | |

ALLERGEN CODES

W - Wheat

C – Celery

G - Gluten

MD - Mustard

M – Milk

SE – Sesame

SY – Soya

SD - Sulphur Dioxide

F - Fish

L - Lupin

E - Eggs

B-Barley