









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	Croissant E/W/G	Breadsticks with bananas W/G	Apple slices and cheese slices M	Crumpets with butter W/G/M	Crackers with cheese W/G/M
Drinks	Milk or Water				
Starter	Poppadum's with mango chutney			Spinach and feta pitta bake W/M	
Lunch	Balti chicken curry and rice  MD	Bulgarian bean stew with rice  W/G/SY	Roast of the week, potatoes veg and gravy  SY/W	Chicken and asparagus herby pasta W/M	Cheesy bean and vegetable potato bake M
Vegetarian option	Chickpea and veg Balti curry and rice MD		Quorn roast with potatoes veg and gravy W/E/G/SY	Tofu and asparagus herby pasta SY/G/W	
Pudding		Natural yoghurt with fresh fruit M	Fresh fruit platter		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	Fruit Slices	Cheese and Pineapple M	Croissants W/G	Breadsticks with cheese spread W/G/M	Crumpets W/G/M
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	Crackers with cheese W/G/M	Fruit	Cheese and grapes M	Breadsticks with apple W/G	Croissants W/G/M
Drinks	Milk or Water				
Starter		Bulgarian Banitsa W/G/M/E 		Garlic feta dip with vegetable sticks M	
Lunch	Spring vegetable tagliatelle with lemon and chive sauce W/G/MD	Bulgarian Moussaka W/G/M 	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		Vegetarian Moussaka W/G/M	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				

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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



the Mulberry bush

