



W/C 19/08/22	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bank holiday	Assorted cereals <ul style="list-style-type: none"> <li>• Cows milk</li> <li>• Soya milk</li> <li>• Oat milk</li> </ul> <u>CHEERIOS AND SHREDDIES MAY CONTAIN NUTS</u> Gluten free cereal  Fresh fruit	Toasted muffins and cream cheese  Wholemeal toast with dairy free butter D/F G/F  Fresh fruit	Assorted cereals <ul style="list-style-type: none"> <li>• Cows milk</li> <li>• Soya milk</li> <li>• Oat milk</li> </ul> <u>CHEERIOS AND SHREDDIES MAY CONTAIN NUTS</u> Gluten free cereal  Fresh fruit	Homemade pancakes D/F G/F EGG FREE    Fresh fruit
Lunch	Bank holiday	Bacon, sweetcorn ad mushroom tagliatelle, salad sticks  Vegetable tagliatelle G/F D/F  Fromage frais Fresh fruit	Homemade sausage rolls, wedges and beans  Sage, onion and mushroom rolls D//F  G/F Chicken bites  Fruit jelly and cream Fresh fruit	Vegetable chilli and rice G/F D/F    Apple slices and raisins	Homemade fish goujons,, new potatoes, peas and sweetcorn  Vegan / Veggie fingers D / F G/F  Pears and custard D/F
Tea	Bank holiday	Roast chicken, new potatoes, cauliflower and carrots  Vegan / Veggie fillet  Fresh fruit	Roasted vegetable pasta bake G/F D/F Garlic bread  Cheese grapes and biscuits	Sweet and sour pork and cous cous D/F Sweet and sour Vegetables D/F  Cookies  Fresh fruit	Jacket potato with cheese / beans    Fruit
Number of fruit and vegetable portions	8	8	8	8	8

GF – gluten free  
 DF – dairy free