



Spring / summer menu 23

Week 1. 8/5/23	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bank holiday	Assorted cereal (G/F available)  Various milk alternatives available  Fresh fruit. (V) G/F D/F	toasted muffins with cream cheese  wholemeal toast (V) G/F D/F  fresh fruit	Assorted cereal (G/F available)  Various milk alternatives available  Fresh fruit. (V) G/F D/F	Fresh fruit with Greek yoghurt  (V) G/F D/F
Lunch	Bank holiday	Cheesy broccoli and sweetcorn pasta bake.  Tomato, broccoli and sweetcorn pasta bake. (V) G/F D/F  homemade bread roll salad sticks  yoghurt pots / fresh fruit (V) G/F D/F	Swedish chicken meatballs G/F D/F Vegan / veggie meatballs (V) G/F D/F Savoury rice Carrots / runner beans  Apple flapjack (V), D/F Fresh fruit	Ham, mushroom and mixed pepper cheesy stuffed potato skin G/F D/F Mixed pepper, mushroom and sweetcorn cheesy stuffed potato skins (V) G/F D/F  Broccoli salad  Summer berry sponge with ice cream / fruit (V) G/F D/F	Homemade pork and apple sausage rolls G/F D/F Homemade sage, onion and mushroom rolls (V) G/F D/F  Potato wedges Peas / beans  Frozen yogurt dipped banana pops. (V) G/F D/F
Tea	Bank holiday	Garlic and hoisin Stir fry, rice noodles and veg spring rolls. (V) G/F D/F  Mixed melon slices	BBQ beef chilli con carne BBQ mixed bean and lentil chilli (V) G/F D/F Rice and cucumber sticks  Fruit pancakes/ fruit	Salmon tart  Roasted veg tart. (V) G/F D/F New potatoes / veg sticks.  Yoghurt pots / fruit	creamy chicken /mushroom pasta bake. Roasted veg pasta bake. (V) G/F D/F Garlic bread / salad  Lemon cheesecake / fruit
Number of fruit and vegetable portions	8	8	8	8	8



Week Allergens	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bank holiday	dairy, wheat, soya - milks wheat and gluten - cereals	Wheat/gluten - muffins and bread Dairy - cream cheese	dairy, wheat, soya - milks wheat and gluten - cereals	Dairy - yoghurt
Lunch	Bank holiday	Milk and dairy -cheese, yoghurts Wheat and gluten - pasta and bread	Wheat - meatballs Dairy, celery, mustard- meatball sauce Celery - rice Oats, gluten - flapjack	Dairy - cheese Dairy - ice cream Eggs, / gluten / wheat - sponge	Sulphites, sulphur dioxide, wheat / gluten - sausage rolls Gluten - veg roll. Dairy - yoghurt
Tea	Bank holiday	soya - hoisin sauce sesame - spring rolls	Celery, sulphites - chilli Gluten / egg / dairy - pancakes	Fish, wheat / gluten- salmon tart Wheat/ gluten - veg tart. Dairy / soya - yoghurts	Dairy - pasta sauce Wheat / gluten - pasta Sesame, dairy, wheat / gluten - garlic bread Dairy, gluten / wheat - cheesecake