

Menu A - Summer Term

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g)				
Bread	Wholemeal Toast (g)(soy), Bagels (g, d), Crumpets (g)(d) and English muffins (g)(d)				
Spreads	Jam, Honey, Dairy Free Spread and Butter (d)				
Hot	Reduced Salt Baked beans and Porridge (g)				
Fruit	Assorted Fruit				
Drink	Water, Milk (d), Orange Juice and Apple Juice				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	BBQ Chicken Drumstick/Thigh (g)(e)(soy), served with Red Cabbage Coleslaw (e)	Pasta bake - tomato and oregano ragout, topped with mornay sauce (g)(d)	Chicken tikka masala with pilau rice	Spaghetti Bolognese (g) with garlic and flat parsley	Breaded herbed chicken (g)(e) with lime crème fraiche (d)
Vegetarian alternative	Chickpea Patties (g) served with Red Cabbage Coleslaw (e)		Vegetable tikka masala with pilau rice	Vegetable & Lentil Bolognese (g)(soy)	Quorn dippers (soy)(e) with lime crème fraiche (d)
Vegetable / Side dish	Seasonal Jacket Wedges Sweetcorn	Cherry tomatoes, basil, olives and cos lettuce salad Crusty bread (g)	Cucumber mint raita (d) Naan bread (g)(d)	Green beans Steamed carrots	Chunky chips Peas
Dessert	Fresh fruit platter Yoghurt (d)	Eton Mess (d)(e)	Fresh fruit	Raspberry jelly with cream (d)	Ice cream (d)

Extended Day Snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish including vegetarian alternative	Reduced salt baked beans and toast triangles (g)(soy) and spread (d)	Wholemeal Pitta pockets (g) with hummus, or cheese (d)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)	Cheese (d) and Jacobs Crackers (g)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)
Vegetable	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks
Dessert	Fresh Fruit	Jelly Pots	Fruit Yoghurt Pots (d)	Fresh Fruit	Fresh Fruit

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

Please note that we will always aim to provide wholemeal and the meals on this menu however we have been experiencing some difficulties with wholesalers.

Menu B - Summer Term

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g)				
Bread	Wholemeal Toast (g, soy), Bagels (g, d), Crumpets (g, d) and English muffins (g, d)				
Spreads	Jam, Honey, Dairy Free Spread and Butter (d)				
Hot	Reduced Salt Baked beans and Porridge (g)				
Fruit	Assorted Fruit				
Drink	Water, Milk (d), Orange Juice and Apple Juice				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Lamb and chickpea tagine	Brisket of beef bagel (g, d)	Mixed pepper, red onion and mozzarella pizza (g, d)	Cajun chicken wrap (g, d) with avocado guacamole	Fish fingers (d, e, g) and (fish)
Vegetarian alternative	Vegetable and lentil tagine	Vegetable bagel (g, d)		Grilled Mediterranean vegetable wrap (g, d) with avocado guacamole	Vegetable & bean pasty (vegan) (d, e) and (g)
Vegetable / Side dish	Couscous	Seasoned jacket wedges, mixed salad and pickled gherkins	New potatoes in chive and mayonnaise (e), peas and sweetcorn	Herb and lime cracked wheat (g)	Chunky chips, peas, tartare sauce (e) and lemon
Dessert	Cheese (d), and Crackers (g) with apple wedges	Fresh fruit platter Strawberry / honey Greek yoghurt (d)	Treacle sponge pudding (d, e, g)	Summer berry fool (d)	Strawberry/vanilla ice cream (d)

Extended Day Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish including vegetarian alternative	Reduced salt baked beans and toast triangles (g, soy) and spread (d)	Wholemeal Pitta pockets (g) with hummus, or cheese (d)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)	Cheese (d) and Jacobs Crackers (g)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)
Vegetable	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks
Dessert	Fresh Fruit	Jelly Pots	Fruit Yoghurt Pots (d)	Fresh Fruit	Fresh Fruit

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

Please note that we will always aim to provide wholemeal and the meals on this menu however we have been experiencing some difficulties with wholesalers.