



Spring/Summer Menu

WEEK 1

MONDAY

Breakfast

Variety of low-sugar breakfast cereals & fruit
Allergens: wheat, gluten, barley, milk, dairy, oat

Snack AM

Rice cakes with cream cheese
Allergens: dairy, possible soya, sesame

Lunch

Sweet potato & bean chilli with brown rice. Side of sweetcorn

Pudding

Peaches

Snack PM

Fruit kebabs
Allergens: dairy, milk

Tea

Summer plate of the month (mixed bean salad, roasted pepper & warm wholemeal pitta)

Pudding

Banana

TUESDAY

Breakfast

Toast, crumpets or bagels with a choice of toppings (mashed avocado, cream cheese or banana) & fruit
Allergens: wheat, gluten, milk, dairy, soya

Snack AM

Tomato & cucumber sticks
Allergens: dairy, milk

Lunch

Beef Bolognese sauce with potato wedges.
Side of courgettes
Allergens: celery

Lunch - Vegetarian

Bean Bolognese sauce with potato wedges.
Side of courgettes
Allergens: celery

Pudding

Lemon rice pudding with mango
Allergens: dairy, milk

Snack PM

Cheese scones with pear
Allergens: dairy, milk, wheat, gluten

Tea

Curried potato, spinach & lentil wholemeal wraps.
Side of cherry tomatoes
Allergens: wheat, gluten

Pudding

Oranges

WEDNESDAY

Breakfast

Porridge with summer berry compote
Allergens: dairy, milk, oats

Snack AM

Red peppers with cottage cheese
Allergens: dairy, milk

Lunch - First Course

Crackers, cucumber sticks & hummus
Allergens: wheat, sesame

Lunch - Main Course

White fish in tomato sauce with mashed potato.
Side of peas & carrots
Allergens: fish, sulphites, dairy, milk

Lunch - Vegetarian

Butter beans in tomato sauce with mashed potato.
Side of peas & carrots
Allergens: sulphites, dairy, milk

Snack PM

Oatcakes with peaches
Allergens: dairy, milk

Tea

Bean & cheese pitta pizzas.
Side of green salad
Allergens: wheat, gluten, dairy, milk, soya

Pudding

Satsumas

THURSDAY

Breakfast

Crumpet with mashed banana & glass of milk
Allergens: wheat, gluten, milk, dairy

Snack AM

Pineapple
Allergens: dairy, milk

Lunch

Chicken & aubergine curry with chapatis & rice.
Side of cauliflower
Allergens: celery, dairy, milk, wheat, gluten

Lunch - Vegetarian

Aubergine & red lentil curry with chapatis & rice.
Side of cauliflower
Allergens: celery, dairy, milk, wheat and gluten

Pudding

Pears

Snack PM

Matzo cream crackers with cheese
Allergens: wheat, gluten, milk, dairy

Tea

BBQ baked beans with jacket potato. Side of cucumber
Allergens: celery

Pudding

Rainbow yoghurt bowl
Allergens: dairy, milk

FRIDAY

Breakfast

Coconut porridge with pineapple
Allergens: dairy, milk or water, oats

Snack AM

Mandarin
Allergens: dairy, milk

Lunch

Cheesy pasta with salmon.
Side of tomato salad
Allergens: fish, sulphites, dairy, milk, wheat, gluten, possible egg

Lunch - Vegetarian

Cheesy pasta & butter beans.
Side of tomato salad
Allergens: sulphites, dairy, milk, wheat, gluten, possible egg

Pudding

Baked cinnamon apples
Allergens: dairy, milk

Snack PM

Pitta bread & pepper sticks
Allergens: dairy, milk, wheat, gluten, soya

Tea

Chicken & pepper fajitas with wholemeal wraps.
Side of avocado
Allergens: wheat, gluten

Tea - Vegetarian

Bean & pepper fajitas with wholemeal wraps.
Side of avocado
Allergens: wheat, gluten

Pudding

Melon



Spring/Summer Menu

WEEK 2

MONDAY

Breakfast

Variety of low-sugar breakfast cereals & fruit
Allergens: wheat, gluten, barley, milk, dairy, oat

Snack AM

Oatcakes with pear
Allergens: dairy, milk, oats

Lunch

Chickpea & vegetable biryani with yoghurt. Side of broccoli
Allergens: dairy, milk

Pudding

Peach & apple crumble
Allergens: wheat, gluten, milk, dairy, oats

Snack PM

Pepper sticks
Allergens: dairy, milk

Tea

Turkey koftas in tomato sauce with flatbread. Side of mixed vegetables
Allergens: wheat, gluten

Tea - Vegetarian

Tomato sauce with beans & flatbread. Side of mixed vegetables
Allergens: wheat, gluten

Pudding

Fruit cheescake bites
Allergens: dairy, milk, oats

TUESDAY

Breakfast

Porridge with summer berry compote
Allergens: dairy, milk, oats

Snack AM

Breadsticks with beetroot dip
Allergens: dairy, milk

Lunch

Red lentil pasta with roasted vegetable tomato sauce & cheese. Side of green beans
Allergens: celery, dairy, milk, possible egg

Pudding

Banana & coconut yoghurt bowl
Allergens: dairy, milk

Snack PM

Mixed fruit
Allergens: dairy, milk

Tea

Chicken sandwich
Allergens: wheat, gluten

Tea - Vegetarian

Egg or hummus sandwiches
Allergens: egg, wheat, gluten, sesame

Pudding

Mandarin

WEDNESDAY

Breakfast

Toast, crumpets or bagels with a choice of toppings (mashed avocado, cream cheese or banana) & fruit
Allergens: wheat, gluten, milk, dairy, soya

Snack AM

Melon
Allergens: dairy, milk

Lunch

Mild chilli beef bowl with potato wedges. Side of carrots

Lunch - Vegetarian

Mild veggie chilli bowl with potato wedges. Side of carrots

Pudding

Fruit salad

Snack PM

Rice cakes with cream cheese
Allergens: dairy, milk

Tea

Vegetable, lentil & pasta soup with bread.
Side of corn on the cob
Allergens: celery, wheat, gluten, possible egg

Pudding

Grapes

THURSDAY

Breakfast

Weetabix with mixed fruit
Allergens: wheat, gluten, milk, dairy

Snack AM

Satsumas
Allergens: dairy, milk

Lunch - First Course

Cheese & apple
Allergens: dairy, milk

Lunch - Main Course

Chicken, tomato and bean stew (Spanish style) with wholemeal bread.
Side of mixed vegetables
Allergens: wheat, gluten

Lunch - Vegetarian

Tomato and bean stew (Spanish style) with wholemeal bread. Side of mixed veg.
Allergens: wheat, gluten

Snack PM

Matzo cream crackers with vegetable sticks
Allergens: wheat, gluten, milk, dairy

Tea

Baked potato with Mackerel filling. Side of sweetcorn
Allergens: fish, sulphites, dairy, milk

Tea - Vegetarian

Jacket potato with cream cheese & lentil filling.
Side of sweetcorn
Allergens: dairy, milk

Pudding

Traffic light fruit salad

FRIDAY

Breakfast

Crumpets with yoghurt & grated apple
Allergens: wheat, gluten, milk, dairy, soya

Snack AM

Corn cakes with pepper sticks
Allergens: dairy, milk

Lunch

Bean & vegetable cottage pie with mashed potato topping.
Side of peas
Allergens: celery, dairy, milk

Pudding

Pineapple

Snack PM

Satsumas
Allergens: dairy, milk

Tea

Grazing platter - a selection of breadsticks, toast fingers, oatcakes & rice cakes served with cream cheese & hummus.
Side of salad vegetables
Allergens: oats, wheat, gluten, milk, dairy, sesame

Pudding

Pears



Spring/Summer Menu

WEEK 3

MONDAY

Breakfast

Variety of low-sugar breakfast cereals & fruit
Allergens: wheat, gluten, barley, milk, dairy, oat

Snack AM

Cheese & cucumber sticks
Allergens: dairy, milk, oats

Lunch

White fish & vegetable curry with rice. Side of broccoli
Allergens: fish

Lunch - Vegetarian

Coconut, chickpea and vegetable curry with rice. Side of broccoli
Allergens: dairy, milk

Pudding

Satsumas

Snack PM

Cheese scones with fruit
Allergens: wheat, gluten, milk, dairy

Tea

Lemon & pea penne pasta. Side of green beans
Allergens: wheat, gluten, milk, dairy, possible egg

Pudding

Build your own fruit & yoghurt bar
Allergens: dairy, milk

TUESDAY

Breakfast

Porridge with summer berry compote
Allergens: dairy, milk, oats

Snack AM

Grapes
Allergens: dairy, milk

Lunch

Chicken & leek potato-topped pie. Side of carrots
Allergens: celery, wheat, gluten, dairy, milk

Lunch - Vegetarian

Cannellini bean & leek potato-topped pie. Side of carrots
Allergens: celery, wheat, gluten, dairy, milk

Pudding

Banana

Snack PM

Rice cakes & beetroot
Allergens: milk, dairy, soya, sesame

Tea

Picky bits tea - hummus, bread roll, cheese, apple & carrot. Side of cucumber
Allergens: wheat, gluten, milk, dairy, soya, sesame

Pudding

Pears

WEDNESDAY

Breakfast

Toast, crumpets or bagels with a choice of toppings (mashed avocado, cream cheese or banana) & fruit
Allergens: wheat, gluten, milk, dairy, soya

Snack AM

Pineapple
Allergens: dairy, milk

Lunch - First Course

Carrot hummus & breadsticks
Allergens: sesame

Lunch - Main Course

Turkey & mushroom stroganoff with rice. Side of pepper sticks
Allergens: celery, wheat, gluten, dairy, milk

Lunch - Vegetarian

Bean & mushroom stroganoff with rice. Side of pepper sticks
Allergens: celery, wheat, gluten, dairy, milk

Pudding

Fruit salad

Snack PM

Corn cakes & cheese
Allergens: dairy, milk

Tea

Summer plate of the month (mixed bean salad, roasted pepper & warm wholemeal pitta)
Allergens: wheat, gluten, sulphites, dairy, milk, soya

Pudding

Peaches

THURSDAY

Breakfast

Porridge with apricots
Allergens: milk, dairy, oats

Snack AM

Breadsticks with cottage cheese
Allergens: dairy, milk, sesame

Lunch

Beef lasagne. Side of mixed vegetables
Allergens: celery, wheat, gluten, dairy, milk, possible egg

Lunch - Vegetarian

Vegetable & lentil lasagne. Side of mixed vegetables
Allergens: celery, wheat, gluten, dairy, milk, possible egg

Pudding

Pineapple

Snack PM

Melon
Allergens: dairy, milk

Tea

Sweet potato & black bean hash. Side of sweetcorn & avocado

Pudding

Fruit salad

FRIDAY

Breakfast

Weetabix with strawberries
Allergens: wheat, gluten, milk, dairy

Snack AM

Oatcakes with cream cheese
Allergens: dairy, milk, oats

Lunch

Moroccan chickpea & apricot stew with flatbread. Side of beetroot
Allergens: wheat, gluten

Pudding

Baked cinnamon apples
Allergens: dairy, milk

Snack PM

Banana

Tea

Jacket potato with tuna & yoghurt. Side of pepper sticks
Allergens: fish, sulphites, dairy, milk

Tea - Vegetarian

Jacket potato with cream cheese & lentil filling. Side of pepper sticks
Allergens: sulphites, dairy, milk

Pudding

Mandarin



Spring/Summer Menu

WEEK 4

MONDAY

Breakfast

Variety of low-sugar breakfast cereals & fruit
Allergens: wheat, gluten, barley, milk, dairy, oat

Snack AM

Breadsticks with cottage cheese
Allergens: dairy, milk, sesame

Lunch - First Course

Hummus & pepper sticks
Allergens: sesame

Lunch

Spinach & lentil dahl with rice.
Side of mixed vegetables

Snack PM

Satsumas
Allergens: dairy, milk

Tea

Veggie sausage traybake with potato wedges. Side of green asparagus
Allergens: wheat, gluten, barley, soya, egg, celery

Pudding

Fruit salad

TUESDAY

Breakfast

Crumpets with yoghurt & blueberry compote
Allergens: wheat, gluten, dairy, milk

Snack AM

Roasted red pepper hummus with pitta bread
Allergens: wheat, gluten, dairy, milk, sesame, soya

Lunch

Fish pie. Side of green beans
Allergens: fish, wheat, gluten, dairy, milk

Lunch - Vegetarian

Bean pie. Side of green beans
Allergens: wheat, gluten, dairy, milk

Pudding

Fruit & yoghurt
Allergens: milk, dairy

Snack PM

Grapes
Allergens: dairy, milk

Tea

Super green pasta. Side of sweetcorn
Allergens: wheat, gluten, milk, dairy, possible egg

Pudding

Pears

WEDNESDAY

Breakfast

Porridge with dates
Allergens: dairy, milk, oats

Snack AM

Pears
Allergens: dairy, milk

Lunch

Veggie & bean quesadillas. Side of sweet potato wedges
Allergens: wheat, gluten, dairy, milk

Pudding

Summer fruits & apple crumble with yoghurt
Allergens: wheat, gluten, dairy, milk

Snack PM

Rice cakes with cucumber
Allergens: dairy, milk, soya, sesame

Tea

Homemade herby baked beans on toast. Side of green beans
Allergens: celery, wheat, gluten

Pudding

Melon

THURSDAY

Breakfast

Toast, crumpets or bagels with a choice of toppings (mashed avocado, cream cheese or banana) & fruit
Allergens: wheat, gluten, milk, dairy, soya

Snack AM

Oatcakes & tomatoes
Allergens: dairy, milk, oats

Lunch

Chicken lollipops with vegetable ratatouille and rice. Side of broccoli
Allergens: celery, sulphites

Lunch - Vegetarian

Tofu lollipops with veg. ratatouille & rice. Side of broccoli
Allergens: celery, sulphites, soya

Pudding

Mandarin

Snack PM

Peaches
Allergens: dairy, milk

Tea

Tuna & tomato pasta bake. Side of mixed vegetables
Allergens: fish, wheat, gluten, dairy, milk, possible egg

Tea - Vegetarian

Bean & tomato pasta bake. Side of mixed vegetables
Allergens: wheat, gluten, dairy, milk, possible egg

Pudding

Baked cinnamon apples
Allergens: milk, dairy

FRIDAY

Breakfast

Porridge with banana
Allergens: dairy, milk, oats

Snack AM

Corn cakes & cucumber sticks
Allergens: dairy, milk

Lunch

Lamb ragu with wholewheat penne pasta. Side of peas
Allergens: celery, wheat, gluten, possible eggs

Lunch - Vegetarian

Bean ragu with wholewheat penne pasta. Side of peas
Allergens: celery, wheat, gluten, possible eggs

Pudding

Fruit & yoghurt
Allergens: dairy, milk

Snack PM

Pineapple
Allergens: dairy, milk

Tea

Salmon & cream cheese wholemeal rolls. Side of tomato & carrot salad
Allergens: fish, wheat, gluten, dairy, milk, soya

Tea - Vegetarian

Cream cheese & lentil wholemeal rolls. Side of tomato & carrot salad
Allergens: wheat, gluten, dairy, milk, soya

Pudding

Traffic light fruit kebabs