



This healthy Menu has been planned using guidance from the "Food For Life" guidance.



All Fruit and Vegetables are fresh and sourced from local suppliers

All meat is locally sourced, fresh and Red Tractor Assured



Week 1	Breakfast	Lunch	Snack	Tea
Monday	Selection of Cereals, Crumpets, Pancakes, Fresh Fruit & Yoghurt	Vegetable Pasta Bake & Crusty Bread <i>Lemon Sponge &amp; Custard</i>	Oatcakes	Beans on Toast <i>Fruit Yoghurt</i>
Tuesday	Selection of Cereals, Crumpets, Pancakes, Fresh Fruit & Yoghurt	Chicken & Mushroom Pie, New Potatoes & Seasonal Veg <i>Raspberry Ice-cream Banana</i>	Cheese & Crackers	Fishfingers, Bread & Butter <i>Apricot, Banana &amp; Oat Muffin</i>
Wednesday	Selection of Cereals, Crumpets, Pancakes, Fresh Fruit & Yoghurt	Beef Chilli & Garlic Naan <i>Rhubarb &amp; Ginger Crumble &amp; Custard</i>	Bread Sticks & Houmous	Macaroni Cheese <i>Lemon Shortbread &amp; Strawberries</i>
Thursday	Selection of Cereals, Crumpets, Pancakes, Fresh Fruit & Yoghurt	Battered Fish, Wedges, Parsley Sauce & Seasonal Veg <i>Meringue &amp; Pouring Yoghurt</i>	Rice Cakes (Variety of flavours)	Assorted Sandwiches with Tomatoes & Cucumber <i>Variety of Sliced Fruit</i>
Friday	Selection of Cereals, Crumpets, Pancakes, Fresh Fruit & Yoghurt	Moussaka, Side Salad & Pitta Bread <i>Watermelon &amp; Greek Yoghurt</i>	Scotch Pancakes	Spring Veg Soup & Bread Roll <i>Homemade Flapjack</i>

Seasonal Fruit and Vegetables are used throughout all menu's



Vegetarian option made using meat free substitute.



Fresh Milk served throughout the day

Unlimited Drinking water available.



All fish served on the menu is sustainable fish



Please see the Allergen File, to see which identified allergens are present in each meal.