



## Innovations Daily Menu – Week One

Our healthy menus are planned following guidance from **The Food for Life Award**

Lunch	Tea
Creamy fish pie topped with sweet potato & potato served with <b>seasonal vegetables</b> (2,5,13) Apple crumble & cream (2,7)	Homemade <b>seasonal</b> vegetable and lentil soup with wholemeal bread (2) Yoghurt (7)
Spaghetti with homemade beef and lentil bolognese sauce (2) <b>Vegetarian option with meat free mince</b> Garlic bread Apricot, banana and oat muffin (2,4)	Various sandwiches with vegetable sticks (2,7) Chocolate crispie buns with mandarin oranges (2,7)
Chicken casserole with <b>seasonal vegetables</b> (2,13) <b>Vegetarian option Quorn casserole</b> Banana custard (7)	Fish fingers and mushy peas (2,) Fruit scones with butter and jam (2,7)
Sausages in a Yorkshire pudding, new potatoes with and <b>seasonal vegetables</b> (2,13) <b>Meat free sausages</b> Homemade jam sponge with custard (2,4)	Pitta bread pizza with mixed toppings (2,7) Flap jack(2,7)
Jacket potato topped with tuna, cheese & beans (5,7) Lemon tart (2,7)	Mild homemade chilli with sour cream & pitta bread (2,7) Fromage frais (7)
<b>Drinks available throughout the day are water &amp; milk (7)</b>	<b>Drinks available throughout the day are water &amp; milk (7)</b>

**Parents/carers please be aware this menu contains the following allergens – gluten (2), eggs (4), fish (5), milk (7) & soya (13).**

**Please note codes next to each meal identifies which allergen is present, please see code sheet for details on the allergens. Some of the ingredients we have purchased may of been made in a factory where nuts are present.**

**All our meat, milk, fruit and vegetables are purchased from local suppliers**

**Seasonal fruit and vegetables are used throughout our menus, these are highlighted in orange.**