

FOOD MENU (WEEK 1)

The 14 allergens are: **celery, cereals** containing gluten (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs, fish, lupin, milk, molluscs** (such as mussels and oysters), **mustard, peanuts, sesame, soybeans, sulphur dioxide** and **sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST <i>We make fresh bread multiple times a week.</i>	Selections of toast (white and brown), crumpets, cereals, porridge, boiled eggs and fruit With water or milk	Selections of toast (white and brown), crumpets, cereals, porridge, boiled eggs and fruit With water or milk	Selections of toast (white and brown), crumpets, cereals, porridge, boiled eggs and fruit With water or milk	Selections of toast (white and brown), crumpets, cereals, porridge, boiled eggs and fruit With water or milk	Selections of toast (white and brown), crumpets, cereals, porridge, boiled eggs and fruit With water or milk
AM SNACK <i>We often make healthy homemade snacks for our snack boards too, such as fruit sugar free muffins, dried fruit oat bars etc</i>	A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, fruit toast, bread sticks, hot cross buns/tea cake (seasonal), & crackers. With water or milk	A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, fruit toast, bread sticks, hot cross buns/tea cake (seasonal), & crackers. With water or milk	A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, fruit toast, bread sticks, hot cross buns/tea cake (seasonal), & crackers. With water or milk	A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, fruit toast, bread sticks, hot cross buns/tea cake (seasonal), & crackers. With water or milk	A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, fruit toast, bread sticks, hot cross buns/tea cake (seasonal), & crackers. With water or milk

<p>LUNCH</p> <p>All food is freshly cook/ homemade within the setting by our chef.</p>	<p>Home-made shepherd's pie with peas and carrots (corn mince will be used for vegetarian option)</p> <p>Greek yoghurt or fruit water</p>	<p>Home-made mini meatball pasta bake with hidden veggies (corn mince will be used for vegetarian option)</p> <p>Greek yoghurt or fruit water</p>	<p>Home-made margarita pizza with home-made garlic bread. (please note the pizza base is also homemade)</p> <p>Greek yoghurt or fruit water</p>	<p>Beef Lasagna with hidden veggies & home-made garlic bread. (beef corn mince will be used for vegetarian option)</p> <p>Greek yoghurt or fruit water</p>	<p>Chicken with Orzo and veggies (corn mince will be used for vegetarian option)</p> <p>Home-made apple crumble & custard water</p>
<p>LIGHT TEA</p> <p>Please note, this is not a dinner and your child will need something once home.</p>	<p>Crumpet slices with a selection of spreads (butter, cheese or marmite)</p> <p>Water</p>	<p>Boiled egg on home-made wholemeal toast</p> <p>Water</p>	<p>Hidden veggie muffins</p> <p>Water</p>	<p>Tuna mayo & avocado on toast</p> <p>Water</p>	<p>Pitta bread home-made hummus pepper, celery, carrots sticks</p> <p>Water</p>

FOOD MENU (WEEK 2)

The 14 allergens are: **celery, cereals** containing gluten (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs, fish, lupin, milk, molluscs** (such as mussels and oysters), **mustard, peanuts, sesame, soybeans, sulphur dioxide** and **sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREAKFAST</p> <p>We make fresh bread multiple times a week.</p>	<p>Selections of toast (white and brown), crumpets, cereals, porridge, boiled eggs and fruit</p> <p>With water or milk</p>	<p>Selections of toast (white and brown), crumpets, cereals, porridge, boiled eggs and fruit</p> <p>With water or milk</p>	<p>Selections of toast (white and brown), crumpets, cereals, porridge, boiled eggs and fruit</p> <p>With water or milk</p>	<p>Selections of toast (white and brown), crumpets, cereals, porridge, boiled eggs and fruit</p> <p>With water or milk</p>	<p>Selections of toast (white and brown), crumpets, cereals, porridge, boiled eggs and fruit</p> <p>With water or milk</p>

<p>AM SNACK</p> <p>We often make healthy homemade snacks for our snack boards too, such as fruit sugar free muffins, dried fruit oat bars etc</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, fruit toast, bread sticks, hot cross buns/tea cake (seasonal), & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, fruit toast, bread sticks, hot cross buns/tea cake (seasonal), & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, fruit toast, bread sticks, hot cross buns/tea cake (seasonal), & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, fruit toast, bread sticks, hot cross buns/tea cake (seasonal), & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, fruit toast, bread sticks, hot cross buns/tea cake (seasonal), & crackers. With water or milk</p>
<p>LUNCH</p> <p>All food is freshly cook/homemade within the setting by our chef.</p>	<p>Beans, sausage & wholemeal pasta bake (corn sausages will be used for vegetarian option) Greek yoghurt or fruit water</p>	<p>Spaghetti Bolognese with orzo with wholemeal bread and butter (corn mince will be used for vegetarian option) Custard & fresh banana water</p>	<p>Veggie & lentil soup with warm home-made wholemeal bread Greek yoghurt or fruit water</p>	<p>BBQ chicken, new potatoes and veg (corn chicken will be used for vegetarian option) Greek yoghurt or fruit water</p>	<p>Home-made margarita pizza with home-made garlic bread. (please note the pizza base is also homemade) Greek yoghurt or fruit water</p>
<p>LIGHT TEA</p> <p>Please note, this is not a dinner and your child will need something once home.</p>	<p>Mini wholemeal wraps with cheese or tuna mayo Water</p>	<p>Home-made bruschetta with cream cheese, (dairy free option available) continental meat with cucumber & tomato slices Water</p>	<p>Boiled eggs with home-made wholemeal toast Water</p>	<p>Crackers with butter or cheese spread (dairy free option available) Water</p>	<p>Crumpets, pepper & carrot sticks with Greek yoghurt or cream cheese dip Water</p>