Week 1

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| --- | --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Snack | Lunch | Snack | Tea | Snack |
| Mon | A Choice of Toasted Homemade Breads and Spreads, and Cereals with Milk and A Selection of Fresh Fruit | Fresh Fruit Platter | Herb Crusted Oven Baked Fish VegServed with Crushed New Potatoes,Seasonal Vegetables and a Homemade child friendly Tartar Sauce.Lemon and Lime Drizzle CakeFSA Allergy List 2,4,5 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Spinach and nut free Pesto Pasta Bake Veg served with homemade garlicDough BallsFresh Fruit And YoghurtFSA Allergy List 1,2,7 | Child Choice Cracker Snack |
| Tues | A Choice of Toasted Homemade Breads and Spreads, and Cereals with Milk and A Selection of Fresh Fruit | Fresh Fruit Platter  | Homemade Beef MeatballsOr red pepper and lentil balls Vegserved with Puttanesca Sauce, Spaghetti Pasta,Seasonal Vegetables and homemade Crusty Bread. Lemon and Raspberry Sponge Cake FSA Allergy List 1,2,4, | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Cheese and Sweetcorn Jacket Skins Vegserved with a summer salad and Sour CreamFresh Fruit And YoghurtFSA Allergy List 7 | Child Choice Cracker Snack |
| Wed | A Choice of Toasted Homemade Breads and Spreads, and Cereals with Milk and A Selection of Fresh Fruit | Fresh Fruit Platter | Chicken Tikka Masala or Quorn Tikka Masala VegServed with Braised Rice, Spinach, Green Beans, Cauliflower and a homemade Carrot and coriander Naan Bread.Apple and blueberry crumble cake FSA Allergy List 2,4,9,14 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Child friendly Arabiatta sauce Veg served with penne pasta and a Homemade olive focaccia BreadFresh Fruit And YoghurtFSA Allergy List 1,2,9 | Child Choice Cracker Snack |
| Thurs | A Choice of Toasted Homemade Breads and Spreads, and Cereals with Milk and A Selection of Fresh Fruit | Fresh Fruit Platter | Lamb Tagineor Quorn Tagine VegServed with Lightly spiced Cous Cous,Carrot, Cauliflower, Peas and sweetcorn.Fruity Flatbread.Mango Jelly pot FSA Allergy List 2,9,14 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | BBQ Chicken and roasted pepper or sweet potato and haloumi Veghot Wrapsserved with cucumber slice Sweetcorn SalsaFresh Fruit And YoghurtFSA Allergy List 1,2,7 | Child Choice Cracker Snack |
| Fri | A Choice of Toasted Homemade Breads and Spreads, and Cereals with Milk and A Selection of Fresh Fruit | Fresh Fruit Platter | Roast Pork Loin or Char-grilled lemon thyme Quorn fillet VegServed with Apple Sauce, Roasted Potatoes,Seasonal Vegetables and Homemade Gravy. Homemade Custard CreamsFSA Allergy List 1,2,7,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Cauliflower Cheese Soup VegServed with Homemade chunky Bread and oven baked CroutonsFresh Fruit And YoghurtFSA Allergy List 1,2,7,9 | Child Choice Cracker Snack |
|   | Water/Fruit Juice | Milk/Water | Water | Milk/Water | Water/Fruit Juice | Water |
|  Water Is Available Throughout the Day, All Fruit Juice Is Diluted 50/50. Foods Highlighted Indicate - Pink = Protein Foods, Yellow = Starchy Foods,Green = Fruits and Vegetables, Blue = Dairy Foods, Purple = Deserts. Veg = Vegetarian Alternative Available.All Dietary Requirements Are Catered for Wherever Possible. Menu Is Subject to Change Depending on The Availability of Ingredients, Seasonal Vegetables Are Used Although Substitutions May Be Made Where They Are Not Available.**Food Standard Agency (FSA) Allergy List:** 1 - Celery, 2 - Gluten(Ngci)- Crustaceans, 4 – Eggs, 5 – Fish, 6 – Lupin, 7 – Milk,8 – Molluscs, 9 – Mustard, 10 – Nuts, 11 – Peanuts, 12 – Sesame Seeds, 13 – Soya, 14 – Sulphur Dioxide |