Week 3

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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  | Lamb keema curryor Quorn keema curry Veg served with braised rice, broccoli, spinach, cauliflower, peas and a homemade fruity flat bread Pinwheel Cookies FSA Allergy List 1,2,7,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Tuna and Sweetcorn Pasta Bake VegServed with SaladFresh Fruit And YoghurtFSA Allergy List 2,5,7,9 | 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 | Roasted Gammon or Roasted red pepper, Lentil And parmesan roast Veg Served with buttered new Potatoes,Seasonal Vegetables and a Parsley Sauce.Jelly and Custard FSA Allergy List 1,2,7,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Spanish Chicken RiceOr Spanish Quorn Rice VegServed with Smoked Paprika SauceAnd homemade Pan rustico breadFresh Fruit And YoghurtFSA Allergy List 1,2,9  | 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 | Poached Fish in a Lemon, Dill and Watercress Sauce Vegserved with Rigatoni Pasta and Seasonal Vegetables.Caper and olive ciabatta Homemade CupcakesFSA Allergy List 1,2,4,5,7,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Cheese and TomatoJacket Skins Veg Served with Garlic Mayonnaise and SaladFresh Fruit And YoghurtFSA Allergy List 4,7 | 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 | Southern Fried Chicken or Southern Fried Quorn Vegserved with crinkle cut potato Wedges, Corn on the Cob and a Homemade sweet potato Gravy.Summer Berry Doughnuts FSA Allergy List 1,2,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Roasted Pumpkin Soup VegHomemade chunky Bread And CroutonsFresh Fruit And YoghurtFSA Allergy List 1,2,7,9 | 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 | Beef Lasagneor vegetarian Lasagne Veg Served with Seasonal Vegetables and side salad Homemade garlic FocacciaHomemade Swiss Roll FSA Allergy List 1,2,4,7,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Cheese and Onion Rolls VegWith Salad And Tomato ChutneyFresh 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 |