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 curry  or  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 Veg  Served with Salad  Fresh Fruit And Yoghurt  FSA 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 Rice  Or  Spanish Quorn Rice Veg  Served with Smoked Paprika Sauce  And homemade Pan rustico bread  Fresh Fruit And Yoghurt  FSA 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 Veg  served with Rigatoni Pasta and Seasonal Vegetables.  Caper and olive ciabatta  Homemade Cupcakes  FSA Allergy List 1,2,4,5,7,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Cheese and Tomato  Jacket Skins Veg  Served with Garlic Mayonnaise and Salad  Fresh Fruit And Yoghurt  FSA 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 Veg  served 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 Veg  Homemade chunky Bread And Croutons  Fresh Fruit And Yoghurt  FSA 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 Lasagne  or  vegetarian Lasagne Veg  Served with Seasonal Vegetables and side salad  Homemade garlic Focaccia  Homemade Swiss Roll  FSA Allergy List 1,2,4,7,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Cheese and Onion Rolls Veg  With Salad And Tomato Chutney  Fresh Fruit And Yoghurt  FSA 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 | | | | | | |