Week 4

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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 | Turkey Parmigiana  or  Quorn Parmigiana Veg  Served with dressed tri colour Fusilli Pasta  And Seasonal Vegetables  Apple and black cherry Jelly  FSA Allergy List 1,2,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Potato, Pea and Mint Soup Veg  Served with Homemade chunky Bread and Croutons  Fresh Fruit and Yoghurt  FSA Allergy List 1,2,7,9 | 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 | Lamb and Mint Sausages  or  Red leister and pumpkin sausages Veg  Served with herby Parmenter Potatoes,  Seasonal Vegetables and Homemade Gravy  Banana and Chocolate Marble Cake  FSA Allergy List 1,2,4,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Thai ground Beef curry  or  Thai Quorn Curry Veg  Served with Rice, Peas and a  Carrot and coriander nann 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 | Minced Beef and Onion  or  Quorn and caramelized onion Veg  cobbler topped pie  Served with crushed New Potatoes  Seasonal Vegetables  Crackle Tops  FSA Allergy List 1,2,4,7,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Tomato and Mascarpone Veg  Pasta Bake with roasted red peppers Served with Cucumber slices  Fresh Fruit and Yoghurt  FSA Allergy List 1,2,7,9 | 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 | Buttered Chicken  or  Buttered Quorn Veg  Served with Pilau Rice, Cauliflower, Broccoli, Sugar Snap Peas and a homemade Garlic naan  Pear and Sultana Cake  FSA Allergy List 1,2,4,9,14 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Jacket Potatoes Veg  Served with Tuna and sweet corn  Grated Cheese  Fresh Fruit And Yoghurt  FSA Allergy List 4,5,7,9 | 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 | Homemade Salmon and haddock Fish Cakes Veg  Served with Baked Beans,  Peas and corn  Danish Swirls  FSA Allergy List 1,2,5,9 | Fresh Fruit, Vegetable, Cheese and Cracker Platter | Homemade Pizza Veg  Served with Apple Coleslaw  Fresh Fruit And Yoghurt  FSA Allergy List 1,2,4,7,9 | 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 | | | | | | |