

Where allergens are present, it is displayed next to the appropriate meal GLUTEN – G, EGG – E, FISH – F, NUTS – N, PEANUTS – PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME SE, SULPHITES – SU, LUPIN – LU, SHELL FISH – SF (Crustaceans and Molluscs), (V) VEGETARIAN



# Menu

# Week 1

**Breakfast 8am to 9am:**

**Lunch 12 - 12.45pm:**

**Tea 4pm-4.30pm**

Selection of Cereals, Toast & Fruits. Egg (boiled/scrambled), Cheese, or Porridge will be offered on alternate days.

Milk and water to be served with snacks and breakfast. Water also available throughout the day. \*All puddings are sugar free...

	Morning Snack	Lunch – Vegetarian options also available	Pudding	Afternoon Snack	Tea - Vegetarian options also available
Monday	10am-10.30am A selection of either fruit, vegetable sticks, oat cakes or bread sticks.  Served with milk or water	Macaroni cheese with carrot and cucumber sticks (DA) Dairy free pasta bake (V)	Apple slices and raisins	Optional)2pm-2.30pm Selection of seasonal Fruit, oat cakes breadsticks  Served with milk or water	Korean BBQ Chicken strips with flat breads (G) BBQ Vegetarian fingers (V)
Tuesday		Roast chicken with new potatoes and peas Vegetarian patties (V)	Banana bread		3 Cheese tagliatelle and broccoli (DA) (V) Dairy free tagliatelle (V)
Wednesday		Fish pie topped with a potato & vegetable crust, served with broccoli (F) Mixed Beans Pie (V)	Natural Yoghurt and mixed berry compote		Spanish quesadillas with beef Vegetarian/dairy free option
Thursday		Lamb curry, basmati rice and runner beans Vegetarian stew (V)	*Jelly and cream		Open sandwiches with cheese, ham tuna and chicken. Sweet potatoes for Sunshine room
Friday		Beef bolognaise with Fusilli pasta Cherry tomatoes/cucumbers Vegetarian bolognaise (V)	Melon selection		Chicken soup, with bread rolls Bread and butter soldiers for Sunshine Room

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# Menu

# Week 2



**Breakfast 8am to 9am:**

**Lunch 12 - 12.45pm:**

**Tea 4pm-4.30pm**

Selection of Cereals, Toast & Fruits. Egg (boiled/scrambled), Cheese, or Porridge will be offered on alternate days.

Milk and water to be served with snacks and breakfast. Water also available throughout the day. \*All puddings are sugar free...

	Morning Snack	Lunch – Vegetarian options also available	Pudding	Afternoon Snack	Tea - Vegetarian options also available
Monday	<b>10am-10.30am</b> A selection of either fruit, vegetable sticks, oat cakes or bread sticks.  Served with milk or water	Chicken curry with pumpkin rice and broccoli <b>Vegetarian curry (V)</b>	Natural Yogurt, mango puree compote (optional)	2pm-2.30pm Selection of seasonal Fruit, oat cakes, crackers, breadsticks  Served with milk or water	Home-made creamy tomato and basil soup served with garlic bread, bread and butter <b>(V) (G) (DA)</b>
Tuesday		Tuna, herb and tomato pasta bake with mixed country vegetables <b>Vegetarian option (V)</b>	Tropical fruit salad		Special egg fried rice with peas
Wednesday		Beef stew and dumplings with cauliflower <b>Vegetarian stew and dumplings (V)</b>	*Home-made blueberry muffins		Tuna and sweetcorn bites
Thursday		Lamb biriyani, basmati rice and broccoli florets. <b>Vegetable Biriyani</b>	Fruit tart		Red lentils bolognaise with spaghetti
Friday		Jacket Potatoes with a choice of baked beans, sweetcorn & cheese (F) (DA)	*Banoffee pie		Chicken Schnitzel and cous cous <b>Vegetarian option</b>

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# Menu

## Week 3



**Breakfast 8am to 9am:**

**Lunch 12 - 12.45pm:**

**Tea 4pm-4.30pm**

Selection of Cereals, Toast & Fruits. Egg (boiled/scrambled), Cheese, or Porridge will be offered on alternate days.

Milk and water to be served with snacks and breakfast. Water also available throughout the day. \*All puddings are sugar free...

	Morning Snack	Lunch – Vegetarian options also available	Pudding	Afternoon Snack	Tea - Vegetarian options also available
Monday	10am-10.30am A selection of either fruit, vegetable sticks, oat cakes or bread sticks.  Served with milk or water	Hearty lamb shepherd's pie with peas and sweetcorn <b>Vegetable shepherds (V)</b>	Seasonal Fresh fruit salad	2pm-2.30pm Selection of seasonal Fruit, crackers, oat cakes, crackers, breadsticks  Served with milk or water	Cheese and broccoli pasta bake
Tuesday		Chicken and macaroni pasta bake, with cucumber slices (F) (DA) <b>Vegetable pasta bake (V)</b>	Bananas and custard		Vegetable samosas (V) (G)
Wednesday		Beef and onion pie, new potatoes and broccoli florets. <b>Vegetable pie</b>	*Chefs special rice pudding		Chickpea curry and paratha (V) (G)
Thursday		Vegetable pasta bake in a tomato and basil sauce	Natural yogurt and fruit compote		Cod Fishfingers with peas and bread/toast (F) (G) <b>Fish-free fingers (V)</b>
Friday		Fish pie topped with a potato & vegetable crust, served with broccoli (F) <b>Mixed Beans Pie (V)</b>	*Chefs 'special' home-made apple crumble Custard optional		Beef meatballs with spaghetti