

FOOD MENU (WEEK 1)

The 14 allergens are: **celery**, **cereals** containing gluten (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREAKFAST</p> <p>We make fresh bread weekly.</p>	<p>Selections of toast (white and brown), crumpets, cereals and fruit</p> <p>With water or milk</p>	<p>Selections of toast (white and brown), crumpets, cereals and fruit</p>	<p>Selections of toast (white and brown), crumpets, cereals and fruit</p>	<p>Selections of toast (white and brown), crumpets, cereals and fruit</p>	<p>Selections of toast (white and brown), crumpets, cereals and fruit</p>
<p>AM SNACK</p> <p>We often make healthy homemade snacks too.</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, dried bananas, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers.</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers.</p> <p>With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers.</p> <p>With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers.</p> <p>With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers.</p> <p>With water or milk</p>
<p>LUNCH</p> <p>All food is freshly cook/ homemade within the setting.</p>	<p>Sticky sausage & veg traybake (meat free option will be available too)</p> <p>Yoghurt</p> <p>Water</p>	<p>Pizza Tuesday with homemade wholemeal bread and butter spinach and pepper salad</p> <p>Homemade Victorian sponge cake.</p> <p>water</p>	<p>Homemade soup with lentils and a selection on pitta bread</p> <p>Banana and custard water</p>	<p>Risotto with chicken and hidden veg (meat free option available too)</p> <p>yoghurt</p>	<p>Homemade mac & cheese with homemade garlic bread</p> <p>Sugar free Jelly</p> <p>Water</p>

LIGHT TEA	Beans on toast Water	Homemade warm sausage rolls /veggie roll water	Crackers with selection on cheese and cold meats water	Ham & cream cheese wholemeal wrap roll sandwiches Water	Homemade hummus, veg sticks (carrots, peppers and celery) With pitta bread
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FOOD MENU (WEEK 2)

The 14 allergens are: **celery, cereals** containing gluten (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs, fish, lupin, milk, molluscs** (such as mussels and oysters), **mustard, peanuts, sesame, soybeans, sulphur dioxide** and **sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST We make fresh bread weekly.	Selections of toast (white and brown), crumpets, cereals and fruit With water or milk	Selections of toast (white and brown), crumpets, cereals and fruit	Selections of toast (white and brown), crumpets, cereals and fruit	Selections of toast (white and brown), crumpets, cereals and fruit	Selections of toast (white and brown), crumpets, cereals and fruit
AM SNACK We often make healthy homemade snacks too.	A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk	A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk	A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk	A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk	A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk

LUNCH	Hidden veggie pasta Bake with cheese	Homemade chicken roast dinner with roast potatoes, selection of veg, Yorkshire pudding and gravy (meat free option available) Flapjacks	Meat free spag bowl Garlic bread	Sausage, mash, veg and gravy. (meat free sausage available)	Pizza Friday with lettuce, cucumber and tomato salad
	Yoghurt water	water	Greek yoghurt and fresh fruit Water	Homemade cake and custard water	Yoghurt Water
LIGHT TEA	Homemade warm sausage/veggie rolls Water	Avocado and cheesy cheese on toast water	Selection of homemade Quiche (veggie option too) water	Scramble egg on toast water	Ham/cheese and marmite sandwiches Water

FOOD MENU (WEEK 3)

The 14 allergens are: **celery**, **cereals** containing gluten (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selections of toast (white and brown), crumpets, cereals and fruit With water or milk	Selections of toast (white and brown), crumpets, cereals and fruit	Selections of toast (white and brown), crumpets, cereals and fruit	Selections of toast (white and brown), crumpets, cereals and fruit	Selections of toast (white and brown), crumpets, cereals and fruit
We make fresh bread weekly.					

<p>AM SNACK</p> <p>We often make healthy homemade snacks too.</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk</p>
<p>LUNCH</p> <p>All food is freshly cook/ homemade within the setting.</p>	<p>Pizza Monday with garlic bread and a pepper and tomato salad</p> <p>Yoghurt</p> <p>Water</p>	<p>Homemade healthy salmon burgers with hidden veggie rice</p> <p>Homemade healthy cookies (hidden fruit)</p> <p>Water</p>	<p>Chicken/meat free chicken pasta traybake</p> <p>Sugar free jelly</p> <p>Water</p>	<p>Meat free meatballs Orzo bake with garlic bread</p> <p>Yoghurt</p> <p>Water</p>	<p>Chicken stir fry with veg (meat free option available)</p> <p>Homemade sponge cake</p> <p>Water</p>
<p>LIGHT TEA</p>	<p>Selection of homemade Quiche (veggie option too)</p> <p>water</p>	<p>Homemade hummus, veg sticks (carrots, peppers and celery) With pitta bread</p> <p>water</p>	<p>Cheesy cheese on toast fingers on wholemeal bread</p> <p>water</p>	<p>Homemade warm sausage/veggie rolls</p> <p>Water</p>	<p>Crackers with selection on cheese and cold meats</p> <p>water</p>

FOOD MENU (WEEK 4)

The 14 allergens are: **celery**, **cereals** containing gluten (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>BREAKFAST</p> <p>We make fresh bread weekly.</p>	<p>Selections of toast (white and brown), crumpets, cereals and fruit With water or milk</p>	<p>Selections of toast (white and brown), crumpets, cereals and fruit</p>	<p>Selections of toast (white and brown), crumpets, cereals and fruit</p>	<p>Selections of toast (white and brown), crumpets, cereals and fruit</p>	<p>Selections of toast (white and brown), crumpets, cereals and fruit</p>
<p>AM SNACK</p> <p>We often make healthy homemade snacks too.</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk</p>	<p>A selection of fruit and savoury grazing boards - apples, oranges, kiwi, bananas, grapes, water melon, blueberries, strawberries, pear, dried apricots, raisins, bread sticks, hot cross buns/tea cake, cheese straws, organic veg straws & crackers. With water or milk</p>
<p>LUNCH</p> <p>All food is freshly cook/ homemade within the setting.</p>	<p>Homemade shepherds pie with hidden veg and gravy Yoghurt water</p>	<p>Creamy sausage pasta bake with sweet peppers and broccoli served with homemade wholemeal bread and butter Victoria sponge cake water</p>	<p>Homemade chicken curry with rice, naan bread and poppadom's. Mixed berry Flapjack water</p>	<p>Chicken orzo bake (meat free option available) Served with pitta breads Homemade hidden fruit cookie water</p>	<p>Homemade BBQ chicken pizza traybake served with homemade garlic bread Greek yoghurt and fresh fruit water</p>
<p>LIGHT TEA</p>	<p>Crackers with selection on cheese and cold meats water</p>	<p>Beans on toast water</p>	<p>Homemade warm sausage/veggie rolls water</p>	<p>Homemade fritters water</p>	<p>Ham & cream cheese sandwiches/ cheese and marmite sandwiches Water</p>