**Menu**

**Breakfast**

**Child’s choice from a selection of cereals, served with milk.**

**(Cereals available include Multigrain hoops, Rice Snaps, Malted Wheaties, Weetabix, Fruit and Fibre, Porridge)**

**Allergens: Milk, Cereal.**

**OR**

**Toast with child’s choice of spread.**

**(Spreads available include Nutella, Honey, Butter, Peanut Butter, Jam, Marmalade.)**

**Allergens: Peanuts and other nut types, Milk, Sulphur dioxide**

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| Something on Toast | Soup –served with Bread, rice cake or Oatcake | Sandwiches or wraps-  served with veg sticks and crisps or baked snacks | Omelettes-  Served with salad | Pasta – in a simple yet satisfying sauce | Lovely  Leftovers |
| \*Beans  \*Egg(boiled scrambled or poached)  \*Sardines  \*Cheese | \*Heinz Tomato  \*Heinz vegetable  \*Variety of Home –made soups. | \*Cheese  \*Ham  \*Egg  \*Tuna  \*Chicken  \*Houmous and veg  May be served toasted. | \*Plain  \*Mushroom  \*Mixed Veg  \*Chicken  \*Bacon  \*Ham  \*Cheese | \*Tomato  \*Pesto  \*Roasted Veg  \*Cheesy  \*Tuna & Sweetcorn  May be served as cold pasta salad. | In a bid to reduce waste we may eat a portion of a previous evenings dinner. |

Allergens: Cereal, milk, egg, fish, sesame seeds, celery.

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week  one | Quorn mince Chilli with rice and tortilla chips | Chicken, potatoes, veg and gravy  V = veggie burger | Falafel pittas with houmous | Fish, chips and peas  V = Fish less fingers | Free choice Friday – children choose |
| Week two | One pot pasta with garlic bread | Baked potato with a selection of toppings, salad | Cauliflower and chick pea masala with rice and naan. | Sausage, mash, and veg or beans  V = veggie sausage | Free choice Friday – children choose |
| Week three | Chicken Stew with rice  V = roast veg and lentil stew | Cottage pie, mixed veg  V = Quorn Mince pie | Veggie noodles | Pizza – select your own topping | Free choice Friday – children choose |

**Desserts** – These are offered after each meal and usually consist of a choice of fresh fruit.

Other desserts offered include:

Home baked or shop bought cakes & biscuits Rice pudding

Ice – cream or ice lollies Jelly

Angel Delight Tinned fruit

Bananas and Custard Fruit pies

Yoghurts or fromage frais

**Drinks -** Water is always available. A choice of Milk or Water are offered at snack and meal times, and occasionally squash or fresh fruit juice may be offered as a treat. On colder days, hot chocolate or warmed milk may be offered too. Please let me know if you would prefer your child not to have any of these.

If your child needs an alternative to cow’s milk, please ensure you supply this on their scheduled days.

Allergens: This menu potentially contains all 14 of the allergens that I am required to inform of. Please make sure I am aware of any allergies or intolerances your child may have to ensure I take this into account before preparing and serving food.