

Menu - Week one

Please speak to a member of staff if you require any allergen information in line with our menus.



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix & banana	Rude health cereal & apples	Weetabix & pears	Rude health cereal & pineapple	Rude health cereal & satsumas
Am snack	Beetroot humous & corn cakes	Mini wraps & cream cheese	Rice cakes with carrots & yogurt dip	Pineapple with chickpea & lentil crackers	Corn cakes & cheese wedges
Lunch	Cowgirl Millie's sweet potato chilli	Spanish cod/butternut cous cous(v)	Fruity lamb Moroccan stew/veg tagine	Roast chicken with gravy/Roast squash with onion gravy (v)	Swish fish pie/ bean stew (v)
Side dishes	Mini Wraps	Quinoa	Cous cous	Roast potatoes, carrots and peas	Peas
Second course	Braised apples with raisins and yogurt	Cheese wedges & corn cakes	Pakora & Tzatziki dip	Apple slices & yogurt	Pear crumble
Pm snack	Pears	Banana	Apples	Carrot sticks & cream cheese	Apples
Tea	Chana Masala/red pepper pasta (v)	Coco mango chicken curry/chickpea curry (v)	Corn mac n cheese	Cheesy beef Bolognese/ red pepper pasta (v)	Sweet potato loaded wedges
Side dishes	White rice	Brown rice	Peas	Watermelon	Grated cheese
Second course	Satsumas	Apple slices	Banana	Pears	Carrot sticks & humous