

Menu - Week two

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rude health cereal & apples	Rude health cereal & satsumas	Weetabix & poached peaches	Rude health cereal & pineapple	Weetabix & banana
Am snack	Rice cakes & Tzatziki	Mini wraps & cheese wedges	Chickpea & lentil crackers with beetroot humous	Corn cakes & cream cheese	Rice cakes & humous
Lunch	Lamb moussaka/ Coconut squash laksa (v)	Italian beef pasta/ Italian bean stew (v)	Creamy chicken with roasted roots/cowgirl Millie's chilli (v)	Salmon & pineapple Thai curry/veggie pineapple Thai curry (v)	Squash & sage barley risotto
Side dishes	Wholemeal bread	Sweetcorn	Roast potatoes	Noodles	Peas
Second course	Cheese wedges & apple slices	Baked coconut & apricot rice pudding	Apple crumble & yogurt	Watermelon	Satsumas & yogurt
Pm snack	Banana	Pears	Cucumber sticks	Carrot sticks	Melon
Tea	Chicken tikka/Spiced potato and spinach (v)	Squash & seed roast & onion gravy	Cheesy leek pasta	Toni's tomato pasta	Corn mac n cheese
Side dishes	Naan bread & brown rice	Carrots	Peas	Wholemeal bread	Wholemeal bread
Second course	Pears	Braised apples	Mini wraps & tzatziki	Orange segments	Poached peaches