



# Spring /Summer Menu: Week 3



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Selection of Cereal &amp; Toast</b>	Oats Porridge	selection of Cereal/ Toast)	Cornmeal Porridge (nuts, seeds, milk)	Scrambled eggs with toast and milk
<b>Allergens: (wheat, barley, milk)</b>	<b>Allergens:</b> oats, milk	<b>Allergens:</b> (milk, wheat, barley)	<b>Allergens:</b> (nuts, seeds, milk)	<b>Allergens:</b> wheat, barley, milk, egg
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<b>Fruit Platter with Milk / Water</b>	Bread sticks with raising Milk / Water	Fruit Platter with Milk / Water	Fruit Platter with Milk / Water	Fruit Platter with Milk / Water
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Beef Bolognese with mixed Vegetables	Roast Chicken with herby potatoes served with green beans and peas	Jollof rice with chicken and side salad	Mediterranean Spirali Pasta Bake (soya, milk)	Fish and chips with side peas/beaked beans
<b>Yogurt</b>	<b>Mixed Fruit Jelly</b>	<b>Chocolate Brownie</b>	<b>Apple crumble with custard</b>	<b>Sponge cake</b>
<b>Allergens: G, W, M</b>	<b>Allergens:</b> W, M	<b>Allergens:</b> G, W	<b>Allergens:</b> Milk, Gluten, Wheat	<b>Allergens:</b> M
<b>Vegetarian alternative</b>	<b>Vegetarian alternative</b>	<b>Vegetarian alternative</b>	<b>Vegetarian alternative</b>	<b>Vegetarian alternative</b>
Vegetable Bolognese with carrots mixed peppers	Quorn chicken with herby potatoes served with green beans & peas	Jollof Rice with Quorn chicken and side salad	Mediterranean Spirali Pasta Bake (soya)	Fish and chips with Quorn sausages
<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>
<b>Beans on toast</b>	Vegetables noodles	Assorted Sandwiches with carrot and cucumber sticks	Potato Wedges with baked beans (milk, barley)	Pancakes with raisins served <b>with Milk</b>
<b>Allergens: W</b>	<b>Allergens:</b> W,E, M	<b>Allergens:</b>	<b>Allergens:</b>	<b>Allergens:</b>
<b>Weaning Stage</b>	<b>Weaning Stage</b>	<b>Weaning Stage</b>	<b>Weaning Stage</b>	<b>Weaning Stage</b>
<b>Butternut Squash with broccoli and carrot</b>	Medeterian pasta	<b>Cauliflower cheese bake</b>	Mixed Vegetable risotto	Courgette and tuna pasta
<b>Allergens</b>	<b>Allergens</b>	<b>Allergens:</b> M, W	<b>Allergens:</b> M	<b>Allergens</b> (barley, soya)



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