



Times			MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS								
Breakfast 8 -8.30am		Toasted bread (mi) with honey, peanut butter (pe), pancakes (cg), french toast (eg) (mi), porridge (cg)(mi), selection of wholegrain cereals with milk (cg)(mi), fresh fruit, yogurt, oats and fruit (mi)													
WEEK 1	LUNCH 12.00pm	Main Course	Roast chicken with rice, stewed beans & salad	Veggie burritos with roasted sweet potato	Shepherd's pie with mixed veg	Fish cakes with broccoli and carrots (fi) (cg)	Pesto Gnocchi with veg								
		pudding	Baked apples/pears & cinnamon	Fruit bowl	Yogurt + Banana (mi)	Apple slices with peanut butter dip (mi) (pe)	Greek yogurt (mi) + Banana								
	TEA 4.30 pm	Main Course + Pudding	Cold sandwiches + salad + fruit (cg)	Houmous and grated carrot wraps + salad + fruit (cg)	Cheese and pesto toasties + salad + fruit (mi) (cg)	Veggie Pizza + salad + yogurt (mi) (cg)	Hot cross buns with cheese + fruit (mi) (cg)								
WEEK 2	LUNCH 12.00pm	Main Course	Ripe plantain pie	Taco salad bowls	Vegetable and barley soup with bread and butter (mi)	Tuna pasta bake (mi) (fi)	Bangers and mash with veg								
		pudding	Grilled peaches and mascarpone (mi)	Peanut butter bananas with yoghurt (mi) (pe)	Fruit bowl	Homemade fruit sorbet	Yogurt & berries (mi)								
	TEA 4.30 pm	Main Course + Pudding	Houmous and grated carrot wraps with peppers + olives + fruit (cg)	Cheese + ham/cheese and tomato toasties + salad + fruit (mi) (cg)	Fish fingers, potatoes, veg + fruit (fi) (cg)	Scramble egg (eg) on toast + salad+ Fruit (cg)	Carrot &apple pancakes + fruit (cg)								
WEEK 3	LUNCH 12.00pm	Main Course	Lamb kofte with mixed mezze & flatbread (cg)	Salmon with rice & avocado salad (fi)	Butternut, chickpea & f (mi)eta pie (cg)	Pasta bolognese with veg (cg)	Chilli con carne with rice								
		pudding	Vermicelli pudding	Greek yogurt (mi) + Banana	Baked cinnamon plantain	Yogurt & berries (mi)	Fruit bowl								
	TEA 4.30 pm	Main Course + Pudding	French toast (eg) + salad + yogurt (mi) (cg)	Home made guacamole on toast with fruit (cg)	Beans on Toast + fruit (cg)	Toasted bagels and Cream Cheese (mi) + fruit (cg)	Cheese and pesto toasties + salad + fruit (mi) (cg)								
<table border="1"> <tr> <td>rojo</td> <td>meat</td> </tr> <tr> <td>Beige</td> <td>poultry</td> </tr> <tr> <td>verde</td> <td>vegetarian</td> </tr> <tr> <td>azul</td> <td>seafood</td> </tr> </table>		rojo	meat	Beige	poultry	verde	vegetarian	azul	seafood	<p><b>Please Note:</b></p> <ul style="list-style-type: none"> <li>* We serve fish and vegetarian/vegan dishes as per colour coded</li> <li>* All of our food is home-made, on-site.</li> <li>* Fresh water or milk is served with all meals, and throughout the day.</li> <li>* Menus are subject to availability and changes and vegetables are seasonal.</li> </ul>					
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<p>NOTE:</p> <p>Ingredients are as fresh and responsibly sourced as possible. As part of my healthy eating policy, sugars and salts are kept to an absolute minimum and never added to cooking. If children have made food themselves, such as as part of a baking activity, these items may be eaten also. Only water and milk are served as drinks. Individual dietary requirements can also be catered for.</p> <p><b>Allergens key:</b> Celery (cl), cereals containing gluten (cg), crustaceans (cr), eggs, (eg), fish (fi), lupin (lu), milk (mi), molluscs (mo), mustard (mu), nuts (nu), peanuts (pe), sesame seeds (ss), soya (so), sulphites (su).</p>															