

Menu 16th-20th November

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Bread sticks & a choice of fruit water or milk	Organic oat cakes & a choice of fruit water or milk	Organic corn cakes & a choice of fruit water or milk	Organic oat cakes & a choice of fruit water or milk	Organic rice cakes & a choice of fruit water or milk
Lunch	Cheese and onion puff pastry pinwheels served with broccoli and carrots Frozen fruity yogurt ice cream GF/DF available	Quorn mince pasta with homemade roasted hidden vegetable tomato sauce. Cheesy garlic bread Organic yogurt GF/DF available	Plant based sausage, vegetable and cannellini bean casserole with diced fresh herby organic potatoes Fresh fruit salad GF/DF available	Chilli Quorn and cheese wrap, served with a mixed seasonal salad Organic yogurt GF/DF available	Fish fingers, mashed potatoes, peas and baked beans Fresh fruit GF/DF available
Afternoon snack	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks
Tea	Homemade soup with cheese scones/ toast / bread rolls DF/GF available	Homemade dip selection, with pitta fingers and bread sticks Homemade soup DF/GF available	Toasted cheese sandwiches Pickles, tomato and cucumber, Homemade soup DF/GF available	Eggs cooked to order, with children's choice of toast, muffins or crumpets DF/GF available	Tuna pitta pockets with lettuce, grated carrot and cucumber Homemade soup DF/GF available

Milk & yoghurt are organic
Fish is responsibly sourced



Food Type	Celery	Cereals cont. Gluten	Crustac eans	Eggs	Fish	Lupin	Milk	Mollusc s	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sodium Metabis ulohate	Sulphur Dioxide
Breadsticks															
Crackers															
Rice cakes															

Milk & yoghurt are organic
Fish is responsibly sourced

	Celery	Cereals cont. Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sodium Metabisulphate	Sulphur Dioxide
Oat cakes															
Wraps															
Cheese and onion Puff pastry pinwheels															
Quorn Mince pasta bake															
Cheese scones															
Pitta bread															
Garlic bread															
Plant based sausages, vegetable, cannelloni beans casserole															

Milk & yoghurt are organic
Fish is responsibly sourced

[illegible]

Milk & yoghurt are organic
Fish is responsibly sourced

Chilli Quorn wrap															
Natural yoghurt															
Fruit yoghurt															
Cheese sandwich															
Tuna mayo pitta															
Egg sandwich															
Smoked salmon															
Cream cheese															
	Celery	Cereals cont. Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sodium Metabisulphate	Sulphur Dioxide
Pickle															

Milk & yoghurt are organic
Fish is responsibly sourced

[illegible]

Milk & yoghurt are organic
Fish is responsibly sourced

Milk & yoghurt are organic
Fish is responsibly sourced

Milk & yoghurt are organic
Fish is responsibly sourced