


Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruit cereals/ porridge wholemeal toast	Seasonal fruit cereals/ porridge wholemeal toast	Seasonal fruit cereals/ porridge wholemeal toast	Seasonal fruit, cereals/ porridge wholemeal toast	Seasonal fruit cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Creamy Broccoli Cheddar pasta Cucumber Sticks	Shepards Pie broccoli florets	Roast Chicken Mix Vegetables roast potatoes, Gravy	Sweet and Sour Chicken with Oriental vegetables Noodles	Cod Fish Fillets Chips Beans
Veggie Option 	Creamy Broccoli Cheddar pasta, cucumber sticks	Lentils pie and broccoli florets	Roast Quorn, Mix vegetables, roast potatoes Gravy	Sweet and sour Quorn with oriental vegetables Noodles	Vegetable Cutlets Chips Beans
Pudding 	Fromage frais	Granola with homemade natural yogurt	Melon and grapes platter	Orange wedges	Semolina & Oat pudding
Afternoon Snack 	Organic milk/water, breadsticks, raisins and cheese	Organic milk/water, hummus, peppers and carrots	Organic milk/water, soft cheese and crackers	Organic milk/water, rice cakes, butter and cucumber	Organic milk/water, oatcakes and carrots
Tea/Dinner 	Scramble Eggs on Wholemeal toast	Fish Fingers with Waffles and Beans	Pitta Pizza with a variety of toppings	Loaded Jacket Potatoes with Cheese and Baked beans	Chicken Curry and Rice
Pudding 	Fresh fruit / yogurt				

**Please note:** Our chef prepares all the meals fresh daily, keeping the sugar and salt content at a minimum level, also she makes her own organic natural yogurt which the children love. We cater to dietary needs and allergies wherever possible.

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruit cereals/ porridge wholemeal toast	Seasonal fruit cereals/ porridge wholemeal toast	Seasonal fruit cereals/ porridge wholemeal toast	Seasonal fruit cereals/ porridge wholemeal toast	Seasonal fruits cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, exotic fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Tuna and sweet corn pasta bake Green beans	Spaghetti bolognese Broccoli Florets	Cajun Chicken Mix Vegetable Roast potatoes gravy	Chickpea Curry With Vegetable pilaf	Cod fillets with chips Beans
Veggie Option 	Mix vegetable pasta bake Green beans	Chickpea Curry with Vegetable pilaf	Cajun Quorn Mix Vegetable, Roast potatoes, gravy	Vegetarian Spaghetti bolognese Broccoli Florets	Vegetable cutlets, chips Beans
Pudding 	Fruit yogurt	Homemade Rice carrot pudding	Melon and Grape platter	Homemade natural yogurt berries compote	Bananas with homemade custard
Afternoon Snack 	Organic milk/water, rice cakes, raisins	Organic milk/water, oatcakes and pears	Organic milk/water, carrots, cucumber, Tzatziki dipping	Organic milk/water, soft cheese and crackers	Organic milk/water, fruit loaf with spread
Tea/Dinner 	Cowboy casserole	Tex Mex Jacket potatoes with mix beans chilli	Homemade Tomato Soup Bread Rolls	Scramble Eggs with Hash Brown	Mac & cheese with sweet corn
Pudding 	Fresh fruit / yoghurt				

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Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruit, cereals/ porridge wholemeal toast	Seasonal fruit, cereals/ porridge wholemeal toast	Seasonal fruit, cereals/ porridge wholemeal toast	Seasonal fruit, cereals/ porridge wholemeal toast	Seasonal fruits cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Sweet Potato and Spinach Tagine Couscous	Chili con Carne With Rice	BBQ Chicken Broccoli Florets Potato wedges Gravy	Meatballs with spaghetti	Fish fillets, new potatoes and beans
Veggie Option 	Sweet Potato and spinach Tagine Couscous	Vegetarian meatballs with spaghetti	BBQ Quorn Chicken Broccoli Florets Potato wedges Gravy	Sweet potato and Black bean chilli with rice	Vegetable fingers, new potatoes and peas
Pudding 	Fomage Frais	Banana Muffins	Melon and Grape platter	Semolina pudding	Peach slices homemade yogurt
Afternoon Snack 	Organic milk/water, rice cakes, hummus	Organic milk/water, cheese & crackers	Organic milk/water, breadsticks, raisins	Organic milk/water, cucumber and carrot sticks	Organic milk/water, fruit loaf and spread
Tea/Dinner 	Chicken and Vegetable Stir Fry Noodles	Jacket Potato with Cheese and Salad	Toasted English Muffins with Cheese and Sweet Corn Cucumber Sticks	Butternut squash soup with crusty bread	Cheese, Ham and Salad Tortilla Wraps
Pudding 	Fresh fruit / yoghurt				

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# Autumn and Winter Menu

## Week 4

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, exotic fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Chow mein noodles with oriental vegetables	Homemade chicken korma with Cumin Rice	Roast chicken potato and broccoli	Beef lasagna with broccoli florets	Cod fillets, Chips beans
Veggie Option 	Chow mein noodles with oriental vegetables	Homemade vegetable korma with Cumin rice	Quorn Cutlets in a creamy sauce with mash Green Beana	Vegetarian lasagna with broccoli florets	Vegetable cutlets, Chips Beans
Pudding 	Orange wedges	Fromage fruit	Melon & Grape platter	Coconut and raisin Flapjack	Chefs special Semolina Pudding
Afternoon Snack 	Organic milk/water, carrots, cucumber, hummus	Organic milk/water, cheese crackers, peppers	Organic milk/water, breadsticks, raisins, cheese	Organic milk/water, cucumber and carrot sticks	Organic milk/water, fruit loaf and spread
Tea/Dinner 	Jacket potatoes with tuna, mayonnaise mixed salad	Vegetable fingers with baked beans and potato waffles	Chicken Curry and Rice	Leek and potato soup with crusty bread	Mac & cheese Green beans
Pudding 	Fresh fruit / yoghurt				

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The infographic displays 14 allergens arranged in two rows of seven circular icons each, set against a teal background. The allergens are:

- Row 1:** Peanuts (peanuts), Nuts (almonds, walnuts, hazelnuts), Sesame seeds (sesame oil bottle, sesame seeds), Soya (soya beans, soya products), Sulphur dioxide (dried fruit bag), Lupin (lupin flour container), Mustard (mustard jar).
- Row 2:** Milk (milk carton), Cereals containing gluten (wheat stalks), Celery (celery stalks), Eggs (egg carton), Molluscs (shellfish), Crustaceans (lobster, crab), Fish (fish).

#14Allergens  Food Standards Agency