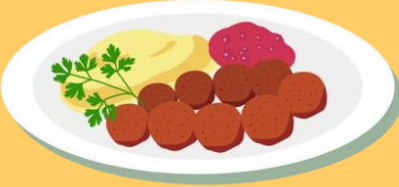
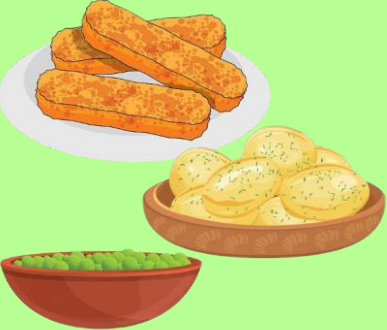


Meat Free Monday	Picnic Tuesday	World Cuisine Wednesday	Traditional Thursday	Fish Friday
				
Pesto Pasta Tomato Pasta Cheese Salad	Bagel Picnic Bagels Sliced Cheese Cream Cheese Tuna Boiled Eggs Marmite Avocado Veggie Sticks Hummus Bread Sticks	Swedish Meatballs Gravy Mash Potatoes Broccoli Carrots Rye Crispbread Cranberry Sauce	Butternut Squash Soup Soup Bread Rolls Pumpkin Seeds	Fish fingers/ fish cakes Baby Potatoes Peas
Apples	Oat Raisin Cookies	Bananas	Pears	Yoghurts
Meat free, gluten free, dairy free alternatives always available.				

**Meat Free
Monday**

Tomato and Pesto Pasta



**Pesto Pasta with
fresh Basil
Nut and Dairy
Free**

Ingredients

Pasta



Carbohydrates
for energy

Cheddar and Cannellini Beans



Protein
for tissue growth and bones
Source of calcium



Vegetables
source of fibre, iron and vitamin A, C and E



Basil
for flavour

Pizza Picnic Tuesday

Bagel Picnic



The children love having a picnic style lunch with their friends.

The children get to choose their own bagel toppings.

Ingredients



Carbohydrates
for energy
Bagels



Protein
for tissue growth
Source of calcium



Salad
source of fibre, iron, calcium and vitamin A, C and E



Oat Raisin Cookies
A source of fibre and iron

World Cuisine Wednesday

Swedish Meatballs and Mash Potatoes



A taste of Sweden



Ingredients



Carbohydrates
for energy
Mash potatoes



Protein
for tissue growth
Meatballs and Veggie balls



Vegetables
source of fibre, calcium, and vitamin A



Gravy

**Traditional
Thursday**

Butternut Squash Soup



Ingredients



Carbohydrates
for energy
Bread rolls



Protein
for tissue growth
Butter beans



Vegetables
source of fibre and vitamin A and C



Pumpkin Seeds
Source of zinc

Friday

Fish Friday



*A rotation of
tasty breaded
fish:*

*Big fish
Fish Cakes
Fish Fingers*

Ingredients



Carbohydrates
for energy
with thyme from the garden



Protein
for tissue growth
Source of omega-3 for a healthy brain and heart



Vegetables
source of vitamin C and iron

Little Tasty Desserts

To finish on a fun and happy sweet note whilst still being mindful of healthy bodies, steady energy, moods and strong teeth.



Apples



Bananas



Pears

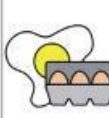
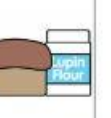
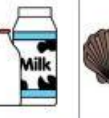
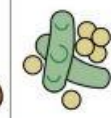


Oat Cinnamon Raisin Cookies

Wholemeal flour, baking powder, cinnamon, agave, eggs, vanilla extract, oats, oat milk



Yoghurts

ITEMS CONTAINING ALLERGENS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Wheat Pasta		X												
Pasta Sauces	X						X							
Grated Cheddar							X							
Bagel		X											X	
Cheeses							X							
Tuna Mayo				X	X									
Boiled Eggs				X										
Butter							X							
Bread Sticks		X												
Oat Cinnamon Cookies		X		X										
Meatballs		X		X										

Gluten Free, Dairy Free, Meat Free, Soya Free Available Every Day, if required.

ITEMS CONTAINING ALLERGENS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Gravy	X						X						X	
Mash Potatoes							X						X	
Rye crispbread		X												
Butternut Squash Soup	X						X						X	
Part baked Bread		X												
Fish Fingers		X			X									
Fish Cakes		X			X									
Breaded Fish		X			X				X					
Gluten Free Halloumi Fries							X							
Yoghurt							X							

Gluten Free, Dairy Free, Meat Free, Soya Free Available Every Day, if required.