

**Menu Week 1 – w/c 25<sup>th</sup> January, 22<sup>nd</sup> February, 22<sup>nd</sup> March 2021**

|   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|--|---|--|--|
| <b>Breakfast</b><br>All meals are served with milk or water | Toasted bread with a choice of spreads, selection of cereals with milk, fresh fruit.   |  |   |  |  |
| <b>Snack</b>  | Tea cake/ <b>gluten free</b> and sliced banana   | Rice cake and orange segments  | Bagel/ <b>gluten free</b> and cherry tomatoes   | Oatcake/ <b>gluten free</b> and cucumber sticks  | Scotch pancake/ <b>gluten free</b> and pear slices   |
| <b>Lunch</b>  | Fishfinger or <b>free from vegetable finger</b><br>Potato wedges<br>Garden peas<br><br><b>Fruit salad &amp; fruit Sorbet</b> | Pork or <b>Quorn</b> sausage<br>Creamed potatoes with Carrots and <b>Vegetable gravy</b><br><br>Fruit yoghurt or <b>Dairy free yoghurt</b> | Beef or <b>Quorn</b> lasagne with Garlic bread<br><br>Jelly with orange segments or <b>Dairy free yoghurt</b> | Chicken and leek or <b>Quorn</b> pie<br>Creamed potatoes, Green beans <b>vegetable Gravy</b><br><br>Chocolate mousse or <b>Fresh fruit</b> | Beef or <b>vegetable</b> chilli with Wholegrain rice<br>Corn cobettes<br><br>Orange Flapjack or <b>Fresh fruit</b> |
| <b>Snack</b>  | Fresh fruit platter  |  |   |  |  |
| <b>Tea</b>  | Cheese or <b>marmite scone</b> with Cherry tomatoes  | Bread sticks or <b>Rice cake and melon</b> slice.  | Ham or <b>dairy free cheese</b> wrap and carrot sticks  | Croissant/ <b>gluten free</b> and cucumber sticks  | <b>Cheese/dairy free</b> on toasted bread or <b>gluten free bread</b> and grapes.                                  |

**Menu Week 2 – w/c 1<sup>st</sup> February, 1<sup>st</sup> March 2021**

|   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|---|--|---|--|
| <b>Breakfast</b><br>All meals are served with milk or water | Toasted bread with a choice of spreads, selection of cereals with milk, fresh fruit.                        |   |  |   |  |
| <b>Snack</b>  | Crackers/ <b>rice cake</b> with cheese/ <b>dairy free</b> and grapes  | Wholemeal/ <b>gluten free</b> toast with honey or marmite   | Bagel/ <b>gluten free</b> with cucumber sticks   | Oat cakes/ <b>rice cake</b> and banana slices   | Bread sticks and raisins/ <b>rice cake</b>   |
| <b>Lunch</b>  | Chicken or <b>Quorn</b> korma<br>Brown rice<br>Naan bread<br><br>Fruit Yoghurt or <b>Dairy free yoghurt</b> | Homemade fish cakes or <b>fish free fingers</b><br>Mini potato waffles<br>Peas<br><br>Jelly or <b>Fresh fruit</b> | Homemade pizza/ <b>free from</b><br>Potato wedges<br>Sweetcorn<br><br>Apple crumble and custard or <b>Raisins and rice cakes</b> | Pork or <b>Quorn</b> Sausage casserole<br>Creamed potatoes<br>Green beans<br><br>Honey and oat cookie or <b>fresh fruit</b> | Beef or <b>Quorn</b> cottage pie and carrots<br><br>Banana Muffin/ <b>dairy free yoghurt</b> |
| <b>Snack</b>  | Fresh fruit platter   |   |  |   |  |
| <b>Tea</b>  | Homemade Potato and leek soup   | Toasted/ <b>free from</b> crumpet with Cheese spread or <b>marmite</b> and cherry tomatoes.                       | Tuna/ <b>cheese free from</b> quiche with pepper slices.   | Homemade <b>cheese</b> stars/ <b>free from</b> with cucumber sticks, cherry tomatoes and sour cream and chive dip.          | <b>Pizza style</b> tortilla wrap/ <b>gluten free bread</b> and vegetable sticks              |

If you have any concerns about the ingredients in our food please speak to a member of staff  
**Vegetarian/ Vegan Option / Dairy/ Gluten and Egg Free Alternative**

**Menu Week 3 – w/c 8<sup>th</sup> February, 8<sup>th</sup> March 2021**

|   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|--|---|--|--|--|
| <b>Breakfast</b><br>All meals are served with milk or water | Toasted bread with a choice of spreads, selection of cereals with milk, fresh fruit.               |   |  |  |  |
| <b>Snack</b>  | Rice cakes and orange segments   | Croissant/free from and cherry tomatoes   | Wholemeal toast /gluten free bread with honey or marmite   | Cheese cubes/ dairy free cheese and pineapple  | Cream crackers/rice cake and apple slices  |
| <b>Lunch</b>  | Beef or Quorn Bolognese pasta/free from twirls and garlic bread<br><br>Gingerbread man and raisins | Tuna or cheese jacket potato With sweet corn<br><br>Lemon drizzle cake or Fruit slice | Spanish chicken or Quorn With brown rice And roasted vegetables.<br><br>Fruit Yoghurt or Dairy and gluten free mango yoghurt | Pork or Quorn Roast potatoes Yorkshire pudding and carrots with vegetable gravy<br><br>Jam tart and custard or Raisins and rice cake | Pork or Quorn sausage Potato wedges Garden peas<br><br>Blueberry muffin or fresh fruit |
| <b>Snack</b>  | Fresh fruit platter  |   |  |  |  |
| <b>Tea</b>  | Honey or marmite on toasted bread/ gluten free with raisins  | Crackers/rice cake and melon slice  | Cheese and tomato pizza or Baked beans and gluten free bread.  | Garlic bread/ Free from with cucumber fingers  | Tomato soup with bread and butter  |

**Menu Week 4 – w/c 15<sup>th</sup> February, 15<sup>th</sup> March 2021**

|   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|---|--|---|--|
| <b>Breakfast</b><br>All meals are served with milk or water | Toasted bread with a choice of spreads, selection of cereals with milk, fresh fruit.                                |   |  |   |  |
| <b>Snack</b>  | Tea cakes and banana  | Scotch pancakes and plum  | Rice cakes and orange segments   | Wholemeal toast with jam  | Bagel and cucumber slices  |
| <b>Lunch</b>  | Tomato and bacon pasta bake with garlic bread or Jacket potato with beans<br><br>Lemon mousse Raisins and rice cake | Chicken or Quorn, Roast potatoes, and Yorkshire pudding with carrots and Vegetable gravy<br><br>Fruit Jelly or dairy free yoghurt | Fishfinger or fish free finger Potato croquettes Green beans<br><br>Dairy free rocky road cake or Pear slice | Beef meatballs or Quorn in a homemade tomato sauce, with gluten free Pasta<br><br>Fruit yoghurt or dairy free yoghurt | Chicken or Quorn fillet in a BBQ sauce with Potato wedges and Coleslaw<br><br>Banana and ice Cream/ fruit sorbet |
| <b>Snack</b>  | Fresh fruit platter   |   |  |   |  |
| <b>Tea</b>  | Homemade sausage or vegetarian roll Cherry tomatoes and Cucumber stick  | Bagels/Gluten free with cream cheese or marmite and peppers   | Ham or cheese /dairy free wrap with apple slices   | Homemade Vegetable soup.  | Cheese/gluten/dairy free or marmite on toast with carrot sticks  |

If you have any concerns about the ingredients in our food please speak to a member of staff  
**Vegetarian/ Vegan Option / Dairy/ Gluten and Egg Free Alternative**

**Special themed lunches for your diary**

To celebrate the beginning of Chinese New Year – The Year of the Ox  
Menu change on **Friday 12<sup>th</sup> February**

Sweet and sour chicken/ **Quorn** with noodles and stir- fried vegetables, and banana fritters with toffee sauce.

To celebrate Valentine's Day  
Menu change on **Monday 15<sup>th</sup> February**

Children will be making Love Heart Biscuits.

To celebrate Shrove Tuesday/Pancake Day  
Menu change on **Tuesday 16<sup>th</sup> February**

Children will be making pancakes for lunch with a choice of toppings.