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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Selection of cereals or wholemeal toast  Brioche  **Wheat,milk,egg** | Selection of cereals or wholemeal toast  Pancake  **Wheat,milk,egg** | Selection of cereals or wholemeal toast  Croissant  **Wheat,milk** | Selection of cereals or wholemeal toast  Bagel  **Wheat, soya** | Selection of cereals, or wholemeal toast  Scrambled egg  **Wheat, egg** |
| **Mid-morning snack** | Fresh fruit  Savary cracker | Fresh fruit  Savary cracker | Fresh fruit  Savary cracker | Fresh fruit  Savary cracker | Fresh fruit  Savary cracker |
| **Lunch** | **Spaghetti Bolognese with carrots**  **Wheat**  **Fruity flapjack** | **Fish pie with broccoli**  **Milk, Fish**  **Summer Fruit salad** | **Turkey meatballs in a tomato sauce with pasta and sweetcorn**  **Wheat, egg, milk, fish**  **watermelon** | **Fruity chicken curry with rice, peas and Naan bread**  **Gluten**  **Fruit Jelly** | **Sausages with**  **couscous and mixed veg**  **Gluten**  **Banana and custard**  **Milk** |
| **Vegetarian**  **Lunch** | Quorn mince | As above | Vege sausage | Quorn pieces | Vege sausage |
| **Mid afternoon snack** | Fresh fruit | Fresh fruit and | Fresh fruit | Fresh fruit | Fresh fruit |
| **Tea** | **Jacket potato with cheese, beans or tuna.**  **Veggie sticks**  **Fish, milk**  **Melon Boats** | **Sausage rolls with spaghetti hoops**  **Wheat**  **Greek style yoghurt**  **Milk** | **DIY sandwiches with selection of fillings and cucumber sticks**  **Wheat , milk**  **Tinned fruit with wafer and cream**  **Milk** | **Beans on toast with Veggie Sticks**  **Wheat**  **Scones**  **Wheat, egg milk** | **Bagels with various of toppings. Veggie sticks**  **Wheat, milk** |
| **Vegetarian**  **Tea** | As above | As above | Vegetarian sausages | As above | As above |
| **Drinks** | Milk or water | Milk or water | Milk or water | Milk or water | Milk or water |

**Allergies** – all allergies & dietary requirements are catered for. Dairy, wheat & gluten alternatives will be incorporated within this menu.

**Meat** – all meat is sourced locally from burtons butchers.

**Tiny ones/weaning** – we can puree our meals for the youngest and also adapt for the young ones by making vegetable purees etc.

All puddings will be made with reduced sugar or are sugar free.