

Winter Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals or wholemeal toast Pancakes Wheat,egg,milk	Selection of cereals or wholemeal toast Croissants Wheat , milk	Selection of cereals or wholemeal toast Crumpets wheat	Selection of cereals or wholemeal Wheat	Selection of cereals, or wholemeal toast Brioche Wheat,milk,egg
Mid-morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Lamb Kofta with noodles and sweetcorn Gluten, egg Fruity flapjack	Beef lasagne with garlic bread and broccoli Gluten, milk Melon boats	Roast chicken with roast potato's, Yorkshire puddings and peas Gluten,milk,egg Greek yoghurt with fruit puree milk	Fish pie with carrots Milk , fish Fruity jelly	Sausages with couscous and mixed vegetables gluten shortbread gluten
Vegetarian Lunch	Vegetarian sausage's	Quorn mince	Quorn pieces	As above	Vegetarian sausages
Mid afternoon snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Tea	Chicken goujons with couscous and baked beans wheat Tinned fruit	Sausage rolls with spaghetti hoops wheat Teacake wheat, soya	Pizza with veggie sticks Wheat ,milk Banana and custard milk	bagels with hummus, selection of meats and veggie sticks wheat, soya fruit yoghurt milk	Beans on toast with veggie sticks Wheat
Vegetarian Tea	Quorn nuggets	Vegetarian sausages	As above	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.

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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. Fruit can always be offered as a pudding alternative.