






Spring Menu



Allergens in bold

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge oats with selection of fruit toppings and sunflower seeds	Croissants , selection of seasonal fruits with Greek yogurt	Selection of cereals + Raisin malt loaf and fresh fruits	Buttered crumpets , cheese , tomatoes + selection of fresh and dried fruit	Selection of cereals, Banana bread and Seasonal berries
Lunch Where meat is provided, a vegetarian alternative is available	Carrot, cabbage and broccoli noodles <i>Chinese dish</i> 	Creamy chicken (or mushroom) and spinach with rice and peas <i>French dish</i> 	Baked salmon , lemon and herb sauce , couscous and green beans <i>International dish</i> 	Black eyed bean stew with carrots, celery and crusty bread <i>Greek dish</i> 	Roast chicken (or vegetable sausage) with baked sweet potatoes and seasonal veg <i>British dish</i> 
	Dessert After Lunch Seasonal fresh fruits/ dried fruits/ natural Greek yogurt/fruit yogurt/homemade cake/rice pudding/banana bread				
Tea	Pasta and Pesto Selection of raw fruit and veg	Tuna in whole meal bread sandwiches with sweet corn + Selection of Fruit	Hummus, pita bread , Steamed broccoli and sugar snap peas	Butternut squash soup Bread sticks Raw fruit and veg	Mushroom and tomato Omelette + Strawberry Smoothie

Water is available and encouraged throughout the entire day 

*Midmorning and afternoon snacks are offered to children
 These could include cut, raw fruit and vegetables, **dried fruit**, rice cakes, oat crackers, **breadsticks** and hummus or **malt raisin loaf***