

SPRING TERM 2021 MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and butter/spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and butter/spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and butter/spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and butter/spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and butter/spread
MID-MORNING SNACK	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks
LUNCH	Roast vegetable and red lentil pasta <i>Ingredients: red pepper, green pepper, onion, garlic, courgette, aubergine, vegetable oil, white pasta, red lentils, aduki beans, chopped tomato</i> <i>Allergens: wheat (gluten)</i>	Roast chicken or Quorn fillet with roast potatoes, root vegetables and gravy <i>Meat ingredients: onion, carrot, parsnip, vegetable oil, gravy granules, chicken breast, potato</i> <i>Allergens: barley (gluten), milk, soya, wheat (gluten)</i> <i>Vegetarian ingredients: onion, carrot, parsnip, vegetable oil, vegetarian gravy granules, Quorn fillet, potato</i> <i>Allergens: barley (gluten), celery, egg, milk, soya, wheat (gluten)</i>	Lamb or vegetarian pearl barley hotpot with root vegetable mash <i>Meat ingredients: leek, potato, gravy granules, minced lamb, pearl barley, dried parsley, dried mint, carrot, swede, milk</i> <i>Allergens: barley (gluten), celery, milk, soya, wheat (gluten)</i> <i>Vegetarian ingredients: leek, potato, vegetarian gravy granules, soya mince, dried parsley, dried mince, carrot, swede, milk</i> <i>Allergens: barley (gluten), celery, milk, soya, wheat (gluten)</i>	Bean and vegetable enchiladas <i>Ingredients: onion, red pepper, cheddar cheese, vegetable oil, tomato purée, chopped tomato, kidney beans, paprika, dried mixed herbs, flour tortillas</i> <i>Allergens: milk, wheat (gluten)</i>	Poached salmon with cous cous and green beans or Mediterranean roasted vegetable cous cous <i>Meat ingredients: salmon, cous cous, green beans</i> <i>Allergens: fish, wheat (gluten)</i> <i>Vegetarian ingredients: tomato, red pepper, yellow pepper, courgette, onion, vegetable oil, vegetable stock</i> <i>Allergens: barley (gluten), celery, wheat (gluten)</i>
DESSERT	Rice pudding with apricot purée <i>Ingredients: pudding rice, caster sugar, milk, apricot</i> <i>Allergens: milk</i>	Apple crumble and custard <i>Ingredients: apple, caster sugar, butter, plain flour, wholemeal flour, dark brown sugar, rolled oats, milk, custard powder</i> <i>Allergens: milk, oats (gluten), wheat (gluten)</i>	Lemon and sultana cake <i>Ingredients: lemon, egg, butter, caster sugar, self-raising flour, sultanas</i> <i>Allergens: egg, milk, wheat (gluten)</i>	Bananas and custard <i>Ingredients: custard powder, milk, caster sugar, banana</i> <i>Allergens: milk</i>	Yoghurt with pear purée <i>Ingredients: plain whole milk yoghurt, pear</i> <i>Allergens: milk</i>
MID-AFTERNOON SNACK	Crumpet with butter/spread and sliced pear	Rice cake with soft cheese, cucumber sticks and sliced tomato	Pepper sticks with cheese and sliced banana	Oatcake with butter/spread and sliced apple	Cracker with soft cheese and sliced cucumber

SPRING TERM 2021 MENU WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and spread
MID-MORNING SNACK	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks
LUNCH	Butternut macaroni cheese with peas and sweetcorn <i>Ingredients: wholemeal pasta, cheddar cheese, fresh tomato, butter, flour, milk, butternut squash, peas, sweetcorn</i> <i>Allergens: milk, wheat (gluten)</i>	Chicken or cheese and vegetable pie with roast potatoes and spring greens <i>Meat ingredients: carrot, celery, chicken breast, chicken stock cube, vegetable oil, butter, plain flour, semi-skimmed milk, peas, puff pastry, potato, cabbage</i> <i>Allergens: celery, milk, wheat</i> <i>Vegetarian ingredients: carrot, celery, cheddar cheese, vegetable stock cube, vegetable oil, butter, plain flour, semi-skimmed milk, peas, puff pastry, potato, cabbage</i> <i>Allergens: celery, egg, milk, sulphites, wheat (gluten)</i>	Mixed bean chilli with rice <i>Ingredients: onion, garlic, aubergine, courgette, red pepper, vegetable oil, chilli powder, plain flour, tomato purée, chopped tomato, mixed beans, dried mixed herbs, sweetcorn, rice</i> <i>Allergens: wheat (gluten)</i>	Roast beef or Quorn fillet with roast potatoes, root vegetables and gravy <i>Meat ingredients: onion, carrot, parsnip, vegetable oil, gravy granules, beef, potato</i> <i>Allergens: barley (gluten), milk, soya, wheat (gluten)</i> <i>Vegetarian ingredients: onion, carrot, parsnip, vegetable oil, vegetarian gravy granules, Quorn fillet, potato</i> <i>Allergens: barley (gluten), celery, egg, milk, soya, wheat (gluten)</i>	Breaded cod fish fingers or vegetable fingers with homemade roasted potato wedges and peas <i>Fish ingredients: breaded cod fish fingers, peas, potato</i> <i>Allergens: fish, wheat (gluten)</i> <i>Vegetarian ingredients: breaded vegetable fingers, peas, potato</i> <i>Allergens: wheat (gluten)</i>
DESSERT	Rice pudding with apple purée <i>Ingredients: pudding rice, caster sugar, milk, apple</i> <i>Allergens: milk</i>	Peach fool ripple <i>Ingredients: plain whole milk yoghurt, peach, vanilla extract</i> <i>Allergens: milk</i>	Banana buns <i>Ingredients: banana, semi-skimmed milk, vegetable oil, egg, brown sugar, self-raising flour, baking powder, mixed spice</i> <i>Allergens: egg, milk, wheat (gluten)</i>	Pear and custard <i>Ingredients: custard powder, milk, caster sugar, pear</i> <i>Allergens: milk</i>	Yoghurt with date and apple purée <i>Ingredients: plain whole milk yoghurt, date, apple</i> <i>Allergens: milk</i>
MID-AFTERNOON SNACK	Toasted teacake and fruit spread	Cheese and breadsticks with sliced apple	Scotch pancake and sliced banana	Oatcake with butter/spread and satsuma	Bagel with soft cheese

SPRING TERM 2021 MENU WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit Wholemeal toast or plain bagel quarter and spread
MID-MORNING SNACK	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks
LUNCH	Vegetable pasta bake <i>Ingredients: mixed vegetables, penne pasta, cheddar cheese, chopped tomatoes, oregano, mixed herbs</i> <i>Allergens: wheat (gluten), milk</i>	Chicken or vegetarian red pepper fajitas <i>Meat ingredients: red pepper, onion, paprika, chilli powder, garlic powder, ground cumin, vegetable oil, chicken breast strips, tortilla wraps, plain whole milk yoghurt</i> <i>Allergens: milk, wheat (gluten)</i> <i>Vegetarian ingredients: Red pepper, onion, paprika, chilli powder, garlic powder, ground cumin, vegetable oil, soya mince, tortilla wraps, plain whole milk yoghurt</i> <i>Allergens: milk, soya, wheat (gluten)</i>	Lamb or mixed bean tagine with cous cous <i>Meat ingredients: onion, red pepper, green pepper, diced lamb, vegetable oil, dried apricot, sultanas, chopped tomato, mixed spice, cous cous</i> <i>Allergens: sulphites, wheat (gluten)</i> <i>Vegetarian ingredients: onion, red pepper, green pepper, vegetable oil, mixed beans, dried apricot, sultanas, chopped tomato, mixed spice, cous cous</i> <i>Allergens: sulphites, wheat (gluten)</i>	Hungarian beef or butterbean goulash with mashed potato <i>Meat ingredients: onion, red pepper, mushroom, parsley, beef, plain flour, vegetable oil, paprika, tomato purée, plain whole milk yoghurt, potato, milk</i> <i>Allergens: milk, wheat (gluten)</i> <i>Vegetarian ingredients: onion, green pepper, mushroom, carrot, garlic, vegetable oil, butterbeans, paprika, chopped tomato, potato, milk</i> <i>Allergens: milk, sulphites</i>	Salmon or lentil and broccoli pasta with sweetcorn <i>Meat ingredients: Salmon, onion, broccoli, cheddar cheese, white pasta, butter, plain flour, semi-skimmed milk, dried parsley, sweetcorn</i> <i>Allergens: Fish, milk, wheat (gluten)</i> <i>Vegetarian ingredients: Onion, garlic, broccoli, vegetable oil, chopped tomato, dried mixed herbs, red lentils, cream cheese, white pasta, sweetcorn</i> <i>Allergens: milk, wheat (gluten)</i>
DESSERT	Rice pudding with pear purée <i>Ingredients: pudding rice, caster sugar, milk, pear</i> <i>Allergens: milk</i>	Creamy Apricot Dessert <i>Ingredients: mascarpone cheese, plain whole milk yoghurt, apricot</i> <i>Allergens: milk</i>	Banana pancakes <i>Ingredients: banana, egg, vegetable oil</i> <i>Allergens: egg</i>	Peaches and custard <i>Ingredients: custard powder, milk, caster sugar, peaches</i> <i>Allergens: milk</i>	Yoghurt with pear and apple purée <i>Ingredients: plain whole milk yoghurt, pear, apple</i> <i>Allergens: milk</i>
MID-AFTERNOON SNACK	Toasted English muffin and butter/spread with sliced banana	Rice cake, pepper sticks and cheese	Homemade rice crispy cake with sliced apple	Cucumber sticks with crackers and soft cheese	Crumpet and fruit spread