








Summer Menu Week 1

If a child doesn't eat the lunch provided, they will be offered an alternative of a full piece of toast and a full piece of fruit.

DF=Dairy Free

	Breakfast	Lunch	Vegetarian Lunch	Snack	Vegetarian Snack
Monday	Rice Crispies with Oat Milk & Raspberries (DF) 	Creamy Apricot & Butternut Chicken with Brown Rice (DF)   (Chicken, Brown Rice, Butternut, Onions, Oat Milk, Flour, Asparagus, Veg Stock, Apricots)	Creamy Apricot & Butternut Quorn Chicken with Rice (DF)   (Quorn Chicken, Brown Rice, Butternut, Onions, Oat Milk, Flour, Asparagus, Veg Stock, Apricots)	Cream Cheese & Grape Bagel (DF option- with DF Cream Cheese) (Bagel, Cream Cheese, Grapes. Plant cream Cheese)   	
		Frozen Yoghurt Lolly   (DF option- with DF Yoghurt) (Strawberries, Redcurrants, Blackberries, Blackcurrants, Greek Yoghurt, Golden Syrup)			
Tuesday	Homemade Granola Bars (DF)   (Rolled Oats, Dried Fruit, DF Butter Raisins, Apricots, Cranberries, Honey/Maple Syrup, Mixed Seeds)	Pork Noodle Stir Fry (DF)   (Whole wheat Noodles, Pork, Pepper, Carrot, Sweet Chilli Sauce, Soy Sauce, Courgette, Broccoli, Onion, Garlic)	Vegetable Stir Fry & Noodles (DF)   (Whole wheat Noodles, Pepper, Carrot, Sweet Chilli Sauce, Soy Sauce, Courgette, Broccoli, Onion, Garlic)	Chicken Pitta Pockets(DF)  	Cheese Pitta Pockets (DF Cheese, Lettuce, Pitta)  
		Lemon, Courgette and Thyme Loaf (DF)  (DF Butter, Sugar, Lemon, Eggs, Courgette, Thyme)			
Wednesday	Malted Wheats with Oat Milk & Blueberries (DF) 	Cheese & Onion Pie   DF option-with DF cheese (Potato, Onion, DF Cheese, Leeks, Peas, Oat Milk, Shortcrust Pastry, Beans)		Orange Shortbread DF Option-DF shortbread (Plain Flour, DF butter, Sugar) (Shortbread, Dark Chocolate, Orange)  	
		Parsnip, Honey & Coconut Cake (DF)   (Parsnips, Honey, Coconut, Flour, Egg, Cinnamon)			
Thursday	Toast & Jam with Watermelon (DF) 	Oven Baked Salmon Fishcake, White Sauce & Rocket (DF)    (Breadcrumbs, Egg, Oat Milk, Mash, Red Onion, White Onion, Leeks, Lemon, Salmon, Peppers, Tomatoes, Cucumber, Rocket)	Vegetable Bake, White Sauce & Rocket (DF)    (Breadcrumbs, Egg, Oat Milk, Mash, Red Onion, White Onion, Leeks, Lemon, Peppers, Tomatoes, Cucumber, Rocket)	Zucchini Bread with watermelon (DF & V) (Zucchini, DF Butter, Plain Flour, Baking Powder, Bicarb of soda, Cinnamon, Ginger, Nut meg, Sugar, Egg, Vanilla Essence)  	
		Angel Delight  DF Option-DF yoghurt			
Friday	Baked Cheese Croissants & Oranges (DF option-Warmed Croissants)  	Toad in the Hole, Gravy, Peas, Kale & Broccoli      (DF option- with Oat Milk) (Flour, Milk, DF Milk, Egg, Peas, Kale, Sausages, Gravy, Broccoli)	Vegi sausage Toad in the Hole, Gravy, Peas, Kale & Broccoli (DF)       (Flour, DF Milk, Egg, Peas, Kale, Vegi Sausages, Gravy, Broccoli)	Crackers, Hummus & Cream Cheese Dips (DF option- with DF Cream Cheese) (Crackers, Hummus, Cream Cheese)   	
		Greek Yoghurt with Fruit Compote  (Milk, DF Yoghurt, Mixed Berries, Sugar)			

 Dairy/Milk

 Egg

 Sulphites

 Fish

 Celery

 Gluten/Wheat/Oats

 Soya







































 Sesame

 May contain nuts/peanuts

Summer Menu Week 2

If a child doesn't eat the lunch provided, they will be offered an alternative of a full piece of toast and a full piece of fruit.

DF=Dairy Free V=Vegetarian

	Breakfast	Lunch	Vegetarian Lunch	Snack	Vegetarian Snack
Monday	Weetabix & Sliced Apple with Oat Milk (DF) 	Creamy Cauliflower & Broccoli Pasta with Garlic Bread (Cauliflower, Broccoli, Whole meal Pasta, DF Cheese, Oat Milk, Milk, Flour, Garlic Bread) DF option-With Oat Milk instead of cows milk Allergens-Soya  		Whole meal Fruit Scones(DF) (Whole meal Flour, Plain Flour, Baking Powder, Mild Spice, Caster Sugar, DF Butter, Egg, Oat Milk, Raisins)  	
		Pears with Dark Chocolate Drizzle (DF)  (Pears, Dark Chocolate)			
Tuesday	Oat & Carrot Muffin(DF) (Oat Milk, Plain Flour, Rolled Oats, Baking Powder, Cinnamon, Carrot, Brown Sugar, Veg Oil, White Vinegar.) 	Thai Green Fish Curry, Rice & Thai crackers (DF)   (White fish, Coconut Milk, Thai Green Curry Paste, Lemon, Lime, Peppers, Onion, Garlic, Coriander, Sweet Potato, Cauliflower, Courgette, Thai Crackers, Brown Rice)	Thai Green Vegetable Curry, Rice & Thai crackers (DF)  (Coconut Milk, Thai Green Curry Paste, Lemon, Lime, Peppers, Onion, Garlic, Coriander, Sweet Potato, Cauliflower, Courgette, Thai Crackers, Brown Rice)	Cheese, Lettuce & Cucumber Sandwiches (DF option-with DF cheese) (Cheese, Lettuce, Cucumber, Bread, DF Butter)   	
		Jelly (DF) Vegi Option-Vegan Jelly No Allergens			
Wednesday	Orange & Honey Pancakes (DF option-DF Pancakes) (Pancakes, Honey, Orange)   	Mexican Chicken, Roasted baby potatoes & Tortilla Chips(DF) (New potatoes, BBQ Seasoning, Fajita Seasoning, Haricot Beans, Tomato Passata, Tomato Puree, Chilli sauce, Chicken, Garlic, Onions, Egg, Peppers, Tortilla Chips)	Mexican Quorn Chicken, Roasted baby potatoes & Tortilla Chips (DF)  (New potatoes, BBQ Seasoning, Fajita Seasoning, Haricot Beans, Tomato Passata, Tomato Puree, Chilli sauce, Quorn Chicken, Egg, Garlic, Onions, Peppers, Tortilla Chips)	Ritz crackers & Cheese Cubes (DF option- with DF cheese) (Crackers, Cheese, DF Cheese)  	
		Banana & Custard (DF option- with DF Custard)  			
Thursday	Banana & Spinach Bread (DF) (Banana, Oil, Spinach, Oat Milk, Egg, Sugar, Baking Soda, Plain Flour) 	Tomato, Sausage & Butterbean Stew (DF) (Tomato, Tomato Puree, New Potatoes, Carrots, Onion, Garlic, Flour, Sausages, Butter Beans, Mixed Herbs, Fennel Seeds)    	Tomato, Vegi Sausage & Butterbean Stew (DF) (Tomato, Tomato Puree, New Potatoes, Carrots, Onion, Garlic, Flour, Vegi Sausages, Butter Beans, Mixed Herbs, Fennel Seeds)   	Homemade Fruit Flapjack (DF) (DF Butter, Golden Syrup, Mixed Seeds, Cranberries, Raisins, Apricots, Oats, Egg) 	
		Whipped Pineapple Pops (DF option-Plain Pineapple Pops) (Pineapple, Manx Double Cream) 			
Friday	Multigrain Hoops with Oat Milk & Strawberries (DF) 	Summer Vegetable Soup (DF) with Bread roll (Vegetable Stock, Seasonal Vegetables, Oil, Onions, Bread)  		Hot cross buns & Grapes (DF) (Hot Cross Buns, DF Butter, Grapes) 	
		Avocado Brownie (DF) (Avocado, Syrup, Sugar, Egg, Vanilla Extract, Baking Powder, Whole wheat Flour, Cocoa, Dark Chocolate)   			



Dairy/Milk



Egg



Sulphites



Fish



Celery



Gluten/Wheat/Oats



Soya



Sesame



May contain nuts/peanuts