

Typical Summer Menu

Day	Snack	Lunch	Ingredients/contents	Dessert	Snack	Tea	Ingredients/contents	Dessert
One	*Milk (D)	Fishfingers with new potatoes and Baked beans	Fishfingers (F)(G), potato & baked beans (T)(L)	Fresh Fruit	Breadsticks (G) & **dip	Variety of sandwiches with carrot and dip	50:50 bread (G)(S), butter (D), soft cheese (D), tuna (F), mayonnaise (M)(E), ham (P), marmite, carrots, **dip	Fresh Fruit
Two	*Milk (D)	Jacket potatoes, cheese and beans or Tuna with salad	Potato, cheese (D), baked beans (T)(L) & Tuna (F), mayonnaise (M)(E), tomatoes (T), cucumber, sweetcorn	Yoghurt (D)	Fruit	Macaroni cheese and ham	Ham (P), soft cheese (D), macaroni, cheddar cheese (D), english mustard (M)(G)	***Oat & Raisin cookies (E)(G)
Three	*Milk (D)	Chicken risotto with peas, mushrooms, carrots & Garlic bread	Chicken, rice, stock (C), olive oil, onion, dried parsley, mushrooms, peas (L), carrots & garlic bread (G)(D)	Fresh Fruit	Crackers (G) & cream cheese (D)	Sausage in a bun, Tomato sauce & carrots	Sausage (P)(B)(G), bread roll (G)(S), tomato sauce (T), carrots	Ice cream (D) with fruit
Four	*Milk (D)	Tomato pasta bake with smoked pork sausage & green beans	Smoked sausage (B)(P), pasta (G), olive oil, onion, garlic puree, Tomato purée (T), Chopped tomato, dried mixed herbs, Mushrooms, cheese (D) & green beans	Fresh Fruit	Rice Cakes	Pizza fingers, carrot, cucumber and dip	Pizza (G)(D)(S), carrot, cucumber, **dip	***Courgette cake (E)(G)
Five	*Milk (D)	Chicken & Sweet potato curry with rice	Chicken, sweet potato, korma curry paste (T), onions, stock (C), garlic puree, ginger puree, coconut milk & rice	Yoghurt (D)	Breadsticks (G) & **dip	Spaghetti hoops with bread	Spaghetti hoops (G), bread (G)(S), butter (D)	Fresh Fruit
Six	*Milk (D)	Cod & Salmon Fish pie with broccoli and sweetcorn	Potato, cod (F), haddock (F), salmon (F), parsley sauce (D)(G), milk (D), broccoli & sweetcorn	Fresh Fruit	Carrots & **dip	Muffins - Cream cheese & marmite with cucumber and dip	Muffins (G)(S), butter (D), soft cheese (D), marmite, cucumber, **dip	***Lemon drizzle cake (E)(G)
Seven	*Milk (D)	Meatballs & Spaghetti, carrots, courgettes and mushrooms	Meatballs (SD)(B), Tomato puree (T), stock (C), garlic puree, Onion, sugar, tomato passata (T), dried basil, mushrooms, courgette, carrots, spaghetti (G)	Yoghurt (D)	Fruit	Variety of sandwiches with carrot and dip	50:50 bread (G)(S), butter (D), soft cheese (D), tuna (F), mayonnaise (M)(E), ham (P), marmite, carrots, **Dip	Fresh Fruit
Eight	*Milk (D)	Chicken & Chorizo Paella with peas & Garlic Bread	Chicken, onions, chorizo (P), paella rice, ground turmeric, tomato passata (T), garlic puree, stock (C), peas (L), coriander, peppers, garlic bread (G)(D)	Fresh Fruit	Crackers (G) & cream cheese (D)	Tomato & ham wholemeal pasta	Pasta (G), ham (P), olive oil, onion, garlic puree, tomato purée (T), chopped tomato (T), dried mixed herbs, cheese (D)	***Carrot Cupcakes (E)(G)
Nine	*Milk (D)	Pizza with potato wedges, carrot, cucumber and dip	Pizza (G)(D)(S), potato, carrot, cucumber, **dips	Fresh Fruit	Carrots & **dip	Crackers & Cheese chunks, cocktail sausages with cucumber and dip	Cream crackers (G), butter (D), soft cheese (D), marmite, cheese chunks (D), cocktail sausages (G), cucumber	Ice cream (D) with fruit
Ten	*Milk (D)	Bacon, pea & basil macaroni with sweetcorn	Bacon (P), soft cheese (D), peas (L), macaroni, leeks, cheddar cheese (D), english mustard (M)(G), basil	Yoghurt (D)	Rice Cakes	Beans with bread	Baked beans (T) (L), bread (G)(S), butter (D)	Fresh fruit
Eleven	*Milk (D)	Mild Chilli with kidney beans, carrots and Rice	Beef mince (B), onion, garlic puree, tomato passata (T), tomato puree (T), stock (B)(C), kidney beans (L), chilli powder, ground cumin, carrots, peppers, rice	Yoghurt (D)	Breadsticks (G) & **dip	Bagels, cream cheese or marmite and tomatoes	Bagels (G)(SS), butter (D), soft cheese (D), marmite, tomatoes (T)	Fresh Fruit

G = Contains Gluten
D = Contains Dairy
E = Contains Egg
L = Contains Legumes

S = Contains Soya
SD = Contains Sulphur Dioxide
SS = Contains Sesame seeds

P = Contains Pork
B = Contains Beef
F = Contains Fish

T = Contains Tomato
M = Contains Mustard
C = Contains Celery

Fresh fruit - Satsuma, apple, banana, strawberries, melon, grapes, pear, pineapple, mango

Cereals - Shreddies (G), Rice crispies (G), Cherrios (G), Weetabix (G), Porridge (G), Cornflakes (G)

*Milk alternatives - Koko & Oatly

*Dips - houmous (SS)(L), sour cream & chive dip (D)(E), onion & garlic dip (D)(E)

***All of our cakes are made with dairy free butter

****Snacks for babies under 1, may contain Wheat, Milk, Barley, Nuts.