






# Spring Menu



Allergens in bold

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