

### Menu 2023

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast	Cereals, Banana and milk <b>G DA</b>	Cereals, Banana and milk <b>G DA</b>	Cereals, Banana and milk <b>G DA</b>	Cereals, Banana and milk <b>G DA</b>	Cereals, Banana and milk <b>G DA</b>
	Lunch	Fish fingers with mixed vegetables and rice <b>F DA</b>	Macaroni cheese with cheddar cheese topping, garlic bread, broccoli & carrots <b>G DA</b>	Savoury lamb mince with couscous, peas and sweetcorn <b>G</b>	Roast chicken, boiled potatoes, Yorkshire pudding, green beans and carrot medley with gravy <b>E DA G SY</b>	Spaghetti bolognese (lamb mince) with hidden vegetables <b>G</b>
		Yoghurt <b>DA</b>	Banana cake <b>DA G</b>	Rice pudding <b>DA G</b>	Pineapple upside down cake	Banana and custard <b>DA</b>
	Tea	Crackers with assorted toppings <b>G DA</b>	Assorted savoury brown and white bread slices with homemade soup <b>G DA</b>	Pitta bread with assorted fillings and salad <b>G DA MU</b>	Fruit loaf <b>G DA</b>	Assorted savoury brown and white bread sandwiches <b>G DA</b>
	<b>Toppings</b>	Savoury toppings are: Egg mayo <b>E DA</b> , Tuna Mayo <b>F DA</b> , Cheese <b>DA</b> , Cheese spread <b>DA</b> , Boiled eggs <b>E</b> , Ham, Chicken, Marmite <b>CE</b> , Humus <b>SE</b> , <b>MUSTARD - MU</b>				
	<b>Fruits and veg</b>	A selection of either salad, carrots, cucumber, tomatoes, Avocado - fresh fruit (apples, bananas, oranges, grapes, pineapple, melon, pears or kiwi)				
Week 2	Breakfast	Cereals, Banana and milk <b>G DA</b>	Cereals, Banan and milk <b>G DA</b>	Cereals, Banana and milk <b>G DA</b>	Cereals, Banana and milk <b>G DA</b>	Cereals, Banana and milk <b>G DA</b>
	Lunch	Tuna mayo & sweetcorn Pasta with garlic bread <b>F G DA</b>	Lamb mince and mash potato with green beans and broccoli. <b>DA</b>	BBQ Chicken noodles and broccoli <b>G DA</b>	Vegetable curry with fluffy rice and naan bread <b>G DA</b>	Chicken in gravy with carrots, green beans and baby boiled potatoes <b>G</b>
		Fruit crumble & custard <b>DA</b>	Sultana cake <b>DA G</b>	Yoghurt <b>DA</b>	Carrot cake <b>DA</b>	Apple crumble and Ice-cream <b>DA</b>
	Tea	Assorted savoury brown and white bread slices and baked beans <b>G DA</b>	Cracker breads with assorted toppings. <b>G DA</b>	Brioche with assorted cheeses <b>G DA</b>	Pitta bread with assorted fillings and salad <b>G DA MU</b>	Assorted brown and white bread sandwiches <b>G DA</b>
	<b>Toppings</b>	Savoury toppings are: Egg mayo <b>E DA</b> , Tuna Mayo <b>F DA</b> , Cheese <b>DA</b> , Cheese spread <b>DA</b> , Boiled eggs <b>E</b> , Ham, Chicken, Marmite <b>CE</b> , Hummus <b>SE</b>				
	<b>Fruits and veg</b>	A selection of either salad, carrots, cucumber, tomatoes, avocado - fresh fruit (apples, bananas, oranges, grapes, pineapple or melon, pears or kiwi)				

GLUTEN - G  
MUSTARD - MU

SHELL FISH - SF  
SESAME - SE  
SULPHITES - SU

EGG - E

FISH - F  
LUPIN - LU

PEANUTS - PN  
SHELL FISH - SF

SOYA - SY

DAIRY - DA

NUTS - N  
CELERY - CE