

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge and rice crispies) wholemeal toast with low sugar jams, margarine or marmite						
Milk Provision offered by age: 10-11 months – Formula milk (or mother’s own expressed milk), 12mth-2 years whole cow’s milk, 2yrs +plus semi skimmed milk (alternative milks offered goat’s milk or soya milk)						
MORNING SNACK	Food	(O) Sliced pear & apple rice cakes Main ingredients: Pear, apple juice concentrate, whole grain brown and white rice. (G)	(O) Sliced mango & finger biscuits Main ingredients: mango, wheat flour , sugar, barley. (G)	(O) Rusk biscuits, apple & pear puree Main ingredients: apple, pear, sugar, wheat flour. (G)	(O) Pear & raspberry puree with natural yoghurt Main ingredients: pear, raspberry, cow’s milk. (DA)	(O) Sliced banana with raspberry & blueberry rice cakes Main ingredients: Banana, apple, blueberry & raspberry juice concentrate, whole grain brown and white rice. (G)
		Triple melon platter, rice cakes and asparagus and broad bean dip Main ingredients: Melon, whole grain brown rice, chickpeas, broadbeans, asparagus, tahini, sesame seeds, lemon, mint, garlic (G, LU, SE, SY)	Sliced orange, breadsticks and hummus dip Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, chick peas, tahini, sesame seeds, lemon, garlic. (G, DA, SE, LU, SY)	Sliced Apple, cheese biscuits with cheese cubes Main ingredients: apple, wheat, cow’s milk. Barley, cheese powder, cheddar cheese. (G, DA, LU)	Bananas and whole wheat crackers with cream cheese Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, soft cheese. (G, DA)	Sliced apple and rich tea biscuits Main ingredients: apple, barley, sugar, wheat flour. (G)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LUNCH	Food	Roast pepper, baby tomato and tuna pasta bake with steamed vegetables Main ingredients: Tuna, tomato, onion, peppers, peas, carrot, sweetcorn, garlic. dried herbs, whole-wheat pasta. (F, G, LU) Fresh berry fruit platter Main ingredients: strawberries, blueberries and raspberries.	Baked potato with vegetable chilli and mint yogurt dressing Main ingredients: potatoes, tomatoes, butternut squash, peppers, carrots, garlic, cheddar cheese, chillies, mint, cow’s milk, natural yogurt. (G, DA) Strawberries and rice pudding Main ingredients: strawberries, cow’s milk, rice, sugar. (G, DA)	Beef or Quorn spaghetti bolognaise with broccoli and green beans Main ingredients: lean minced beef (5%), onion, tomato, carrot, garlic, dried basil, beef stock. Quorn mince (vegetarian option), vegetable stock, broccoli, green beans. (E) Strawberry or raspberry fruit yogurt with shortbread crumble Main ingredients: strawberry, butter, raspberry, cow’s milk, flour (G, DA)	Chicken or vegetable curry with savoury rice Main ingredients: chicken breast, tomatoes, carrot, onion, cauliflower, peas. sweetcorn, garlic, curry powder, basmati rice. (G, LU) Apple Crumble and Custard or fresh fruit Main ingredients: apple, cloves, butter, plain flour, oats, milk, sugar. (G, DA) Fresh fruit: apple, pear, banana.	Beef or Quorn cottage pie with peas Main ingredients: lean minced beef (5%), potatoes, onion, garlic, dried herbs, beef stock. Quorn pieces (vegetarian option), vegetable stock, peas, carrots, cow’s milk. (G, E, DA, LU) Fruit yogurts and fresh fruit platter Main ingredients: apricot, strawberry, raspberry puree, cow’s milk, sugar. Fresh fruit: pineapple, melon, banana, orange. (DA)
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Cucumber and cheddar cheese cubes Main ingredients: cucumber, cow’s milk, cheddar cheese. (DA)	Orange slices and breadsticks Main ingredients: Orange, wheat flour, wheatgerm, bran, cow’s milk. (G, DA)	Carrot batons and whole-wheat crackers Main ingredients: bananas, wheat flour, wheat germ, bran, cow’s milk, bananas. (G, DA)	Kiwi slices and rich tea biscuits Main ingredients: barley, sugar, wheat flour, kiwi. (G)	Sliced apple and rice cakes Main ingredients: apple, whole grain brown and white rice. (G)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
HIGH TEA	Food	Fruit bread and butter with vegetable crudité Main ingredients: wheat, sultanas, cow’s milk, vegetable oil, carrots, cucumber, pepper. (G, DA)	Sandwich platter with ham, gouda and edam cheeses and hummus with carrot batons and sliced apple Main ingredients: pork, cow’s milk, chick peas, tahini, sesame seeds, lemon, garlic. Carrots, apples (G, SY, DA, SE, LU)	Brioche with cream cheese and sliced watermelon Main ingredients: wheat, cow’s milk, egg, watermelon. (G, DA, E)	Wholemeal wraps with tuna & sweetcorn or asparagus & broad bean hummus and sliced pear Main ingredients: wholemeal flour, egg tuna, sweetcorn, tahini, chickpeas, sesame seeds, lemon juice, broad beans, asparagus, pears. (F, G, E, SY, LU, SE)	Red Pepper hummus and wholemeal pitta bread, cucumber sticks and fruit puree pots Main ingredients: sesame seeds, chickpeas, red pepper, lemon juice, wheat flour, cow’s milk, wholemeal flour, apple, pear, raspberry. (G, DA, SE, SY, LU)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
WATER	Water is freely available throughout the day					
(O) ORANGE GROUP	The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised					
ALLERGIES	Children with allergies and/ or food intolerances are provided with a tailored version of the regular menu to suit their individual needs. Please follow our allergen coding key which identifies the 14 known allergens. KEY: GLUTEN - G A LL SHELL FISH – SF EGG – E FISH -F TREE NUTS – N PEANUTS – PN SOYA – SY DAIRY – DA CELERY – CE MUSTARD – MU SESAME – SE SULPHITES – SU LUPIN – LU					
DIETARY REQUEST	Where a child has a dietary request such as ‘no pork’ or other meat, they will be offered vegetarian options at every meal					

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BREAKFAST		A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge and rice crispies) wholemeal toast with low sugar jams, margarine or marmite				
Milk Provision offered by age: 10-11 months – Formula milk (or mother’s own expressed milk), 12mth-2 years whole cow’s milk, 2yrs +plus semi skimmed milk (alternative milks offered goat’s milk or soya milk)						
MORNING SNACK	Food	(O) Rusk biscuits, apple & pear puree with Greek style yogurt Main ingredients: cow’s milk , apple, pear, sugar, wheat flour. (G, DA)	(O) Sliced banana & apple rice cakes Main ingredients: banana, apple juice concentrate, whole grain brown and white rice. (G)	(O) Sliced mango & finger biscuits Main ingredients: mango, wheat flour , sugar, barley. (G)	(O) Sliced melon & apple rice cakes Main ingredients: Melon, apple juice concentrate, whole grain brown and white rice (G)	(O) Pear & raspberry puree with natural yoghurt Main ingredients: pear, raspberry, cow’s milk. (DA)
		Sliced apple and rich tea biscuits Main ingredients: apple, barley , sugar, wheat flour. (G)	Bananas and whole wheat crackers with cheddar cheese cubes Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, cheddar cheese. (G, DA)	Sliced orange, breadsticks and hummus dip Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, chick peas, tahini, sesame seeds, lemon, garlic. (G, SY, DA, SE, LU)	Triple melon platter and rice cakes with garlic & herb cream cheese Main ingredients: Melon, whole grain brown rice, cow’s milk, soft cheese, garlic, basil and parsley. (G, DA)	Sliced Apple, cheese biscuits broad bean and asparagus dip Main ingredients: apple, wheat, cow’s milk, barley, cheese powder, chickpeas, broad beans, asparagus, tahini, sesame seeds, lemon, mint, garlic. (G, SY, DA, SE, LU)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LUNCH	Food	Beef or vegetable ragu with baked potatoes and green beans Main ingredients: lean mined beef (5%), Quorn mince (vegetarian option), tomatoes, onions, garlic, butternut squash, carrots, potatoes, green beans. (E) Banana cake and fresh fruit platter Main ingredients: banana, eggs, flour, butter, sugar, Fresh fruit: apples (G, E, DA)	Cod in a creamy saffron sauce with lemon rice and petit pois Main ingredients: cod, carrots, leeks, courgettes, onions, cream, lemon, saffron, basmati rice, peas. (G, F, DA, LU) Fruit yogurts and fresh fruit platter Main ingredients: apricot, strawberry, raspberry puree, cow’s milk, sugar. Fresh fruit: pineapple, melon, banana, orange. (DA)	Chicken or Vegetable stir fry with broccoli and egg noodles Main ingredients: Chicken breasts (meat option), carrots, peas, sweetcorn, sweet potato, courgettes, onions, garlic, wheat, egg, five spice, broccoli. (G, E, LU) Rice pudding or fresh fruit Main ingredients: cow’s milk, rice, sugar. Fresh fruit: apple, pear (G, DA)	Cheese and broccoli pasta bake with carrots and cauliflower Main ingredients: wholemeal pasta, cow’s milk, vegetable margarine, cheddar cheese, carrots and cauliflower. (G, DA,) Fresh fruit platter Main ingredients: Apple, pear, orange, kiwi, strawberries	Fresh Basil pesto pasta with steamed carrots, broccoli and garlic bread Main ingredients: basil, olive oil, garlic puree, wholemeal pasta, cheddar cheese, carrots, broccoli, garlic and parsley, butter, wheat. (G, DA) Fruit Jelly Terrine or Fresh fruit platter Main ingredients: syrup, pork gelatine, strawberries, raspberries, apple, pear. (G)
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Carrot batons and whole-wheat crackers Main ingredients: bananas, wheat flour, wheat germ, bran, cow’s milk, bananas (G, DA)	Sliced apple and rice cakes Main ingredients: apple, whole grain brown and white rice. (G)	Kiwi slices and rich tea biscuits Main ingredients: barley, sugar, wheat flour, kiwis. (G)	Orange slices and breadsticks Main ingredients: Orange, wheat flour, wheatgerm, bran, cow’s milk. (G, DA)	Cucumber and cheddar cheese cubes Main ingredients: cucumber, cow’s milk, cheddar cheese. (G, DA)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
HIGH TEA	Food	Vegetable quiche with sliced cucumber and Orange Main ingredients: cow’s milk, spinach, sweet potato, cream cheese, egg, cream, whole-wheat flour, butter, cucumber, orange. (G, DA, E, SY, LU)	Breadsticks with salmon pate, cottage cheese, sliced tomatoes and pepper Main ingredients: wheat flour, wheatgerm, bran, cow’s milk, smoked salmon, soft cheese, cottage cheese, egg, crème fraiche, tomatoes, pepper. (G, DA, E, F)	Tea cakes and crumpets with butter raspberry jam, carrot batons and sliced watermelon Main ingredients: wheat, sultanas, raisins, currants, sugar, soya flour, lemon juice, cow’s milk, raspberries, carrots, watermelon. (G, SY, DA)	Sandwich platter with ham, gouda and edam cheeses and hummus with carrot batons and sliced apple Main ingredients: pork, cow’s milk, chick peas, tahini, sesame seeds, lemon, garlic. Carrots, apples. (G, SY, LU, SE, DA)	Baguettes with cream cheese, tuna mayonnaise and cucumber slices Main ingredients: wheat, broad bean flour, soft cheese, tuna, egg, lemon juice, cow’s milk, cucumber (G, SY, LU, E, F, DA)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
WATER	Water is freely available throughout the day					
(O) ORANGE GROUP	The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised					
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DIETARY REQUEST	Where a child has a dietary request such as ‘no pork’ or other meat, they will be offered vegetarian options at every meal					

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BREAKFAST		A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge and rice crispies) wholemeal toast with low sugar jams, margarine or marmite				
Milk Provision offered by age:		10-11 months – Formula milk (or mother’s own expressed milk), 12mth-2 years whole cow’s milk, 2yrs +plus semi skimmed milk (alternative milks offered goat’s milk or soya milk)				
MORNING SNACK	Food	(O) Pear & raspberry puree with natural yoghurt Main ingredients: pear, raspberry, cow’s milk. (G, DA)	(O) Rusk biscuits, apple & pear puree Main ingredients: cow’s milk , apple, pear, sugar, wheat flour. (G)	(O) Sliced banana with raspberry & blueberry rice cakes Main ingredients: Banana, apple, blueberry & raspberry juice concentrate, whole grain brown and white rice. (G)	(O) Sliced mango & finger biscuits Main ingredients: mango, wheat flour , sugar, barley. (G)	(O) Sliced pear & apple rice cakes Main ingredients: Pear, apple juice concentrate, whole grain brown and white rice. (G)
		Sliced Apple, cheese biscuits with cheese cubes Main ingredients: apple, wheat, cow’s milk. Barley, cheese powder, cheddar cheese. (G, DA)	Sliced apple and rich tea biscuits Main ingredients: apple, barley , sugar, wheat flour. (G)	Triple melon platter, rice cakes and asparagus and broad bean dip Main ingredients: Melon, whole grain brown rice, chickpeas, broad beans, asparagus, tahini, sesame seed paste, lemon, mint, garlic. (G, SY, SE, LU)	Bananas and whole wheat crackers with cream cheese Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, soft cheese. (G, DA)	Sliced orange, breadsticks and hummus dip Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, chick peas, tahini, sesame seeds, lemon, garlic. (G, SY, DA, SE, LU)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LUNCH	Food	Spinach and Sweet Potato curry with naan bread Main ingredients: spinach, sweet potato, potato, onions, garlic, coconut milk, curry powder, flour, natural yogurt, cow’s milk. (G, SY, DA) Fruit yogurts and fresh fruit platter Main ingredients: apricot, strawberry, raspberry puree, cow’s milk, sugar. Fresh fruit: melon, banana, orange (DA)	Beef or vegetable lasagne with broccoli Main ingredients: lean minced beef (5%), tomato, red pepper, courgettes, garlic, cheddar cheese, cow’s milk, butter, plain flour, wheat, broccoli. (G, DA) Strawberry or raspberry fruit yogurt with shortbread crumble Main ingredients: strawberry, butter, raspberry, cow’s milk, plain flour, sugar. (G, DA)	Tuna or vegetable pasta bake with roasted vegetables Main ingredients: Tuna, tomatoes, courgettes, onion, peppers, garlic, dried herbs, whole-wheat pasta. (G, F) Fruit Crumble and Custard or fresh fruit Main ingredients: apple, cloves, butter, plain flour, oats, cow’s milk, sugar. Fresh fruit: apple, pear, banana. (G, DA)	Roasted red pepper and mushroom risotto with flat bread Main ingredients: red pepper, mushrooms, onion, rice, wheat, cow’s milk. (G, DA) Fruit Jelly Terrine or Fresh fruit platter Main ingredients: syrup, pork gelatine, strawberries, raspberries, apple, pear (G)	Chicken or Quorn plum tagine with savoury couscous Main ingredients: chicken breast, Quorn pieces (vegetarian option), onion, garlic, tomato, chicken stock, apricots, prunes, lemon, coriander, cinnamon, cloves, couscous. (G, E) Fresh berry fruit platter Main ingredients: strawberries, blueberries and raspberries.
	Drink	Water	Water	Water	Water	Water
SNACK	Food	Orange slices and breadsticks Main ingredients: Orange, wheat flour, wheatgerm, bran, cow’s milk. (G, DA)	Carrot batons and whole-wheat crackers Main ingredients: bananas, wheat flour, wheat germ, bran, cow’s milk, bananas. G, DA)	Sliced apple and rice cakes Main ingredients: apple, whole grain brown and white rice. (G)	Cucumber and cheddar cheese cubes Main ingredients: cucumber, cow’s milk, cheddar cheese. (DA)	Kiwi slices and rich tea biscuits Main ingredients: barley, sugar, wheat flour, kiwis. (G)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
HIGH TEA	Food	Cheese and Tomato pizza bites with cucumber sticks and slice pear Main ingredients: cheddar cheese, tomato, wholemeal flour, cow’s milk, cucumber and pear. (G, DA)	wholemeal pitta bread with Red Pepper hummus, cucumber sticks and fruit puree pots Main ingredients: sesame seeds, chick peas, red pepper, tahini, wheat flour, cow’s milk, wholemeal flour, apple, pear, raspberry. (G, DA, SE, SY, LU)	Crostini’s with a selection dips; hummus, beetroot and red pepper and sliced banana Main ingredients: wheat flour, olive oil, chick peas, tahini, sesame seeds, lemon, garlic, beetroot, crème fraiche, red pepper, onion. (G, SY, DA, SE, LU)	Baguettes with cream cheese, tuna mayonnaise and tomato slices Main ingredients: wheat, broad bean flour, soft cheese, tuna, egg, cow’s milk, tomato. (G, SY, LU, E, F, DA)	Sandwich platter with ham, gouda and edam cheeses and hummus with carrot batons and sliced apple Main ingredients: pork, cow’s milk, chick peas, tahini, sesame seeds, lemon, garlic, carrots, apples (G, DA, SE, SY, LU)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
WATER		Water is freely available throughout the day				
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Milk Provision offered by age:		10-11 months – Formula milk (or mother’s own expressed milk), 12mth-2 years whole cow’s milk, 2yrs +plus semi skimmed milk (alternative milks offered goat’s milk or soya milk)				
MORNING SNACK	Food	(O) Sliced banana with raspberry & blueberry rice cakes Main ingredients: Banana, apple, blueberry & raspberry juice concentrate, whole grain brown and white rice . (G)	(O) Sliced pear & apple rice cakes Main ingredients: Pear, apple juice concentrate, whole grain brown and white rice (G)	(O) Pear & raspberry puree with natural yoghurt Main ingredients: pear, raspberry, cow’s milk . (G, DA)	(O) Rusk biscuits, apple & pear puree Main ingredients: apple, pear, sugar, wheat flour . (G)	(O) Sliced mango & finger biscuits Main ingredients: mango, wheat flour , sugar, barley . (G)
		Sliced orange, breadsticks and hummus dip Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, chick peas, tahini, sesame seeds , lemon, garlic. (G, DA, SE, LU, SY)	Triple melon platter, rice cakes and asparagus and broad bean dip Main ingredients: Melon, whole grain brown rice, chickpeas, broad beans , asparagus, tahini, sesame seeds , lemon, mint, garlic (G, LU, SE, SY)	Sliced Apple, cheese biscuits with cheese cubes Main ingredients: apple, wheat, cow’s milk, Barley, cheese powder, cheddar cheese . (G, DA, LU)	Sliced apple and rich tea biscuits Main ingredients: apple, barley , sugar, wheat flour . (G)	Bananas and whole wheat crackers with cheddar cheese cubes Main ingredients: Banana, wheat flour, wheatgerm, bran, cow’s milk, cheddar cheese . (G, DA)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LUNCH	Food	Chicken or Quorn vegetable pot pie with broccoli Main ingredients: chicken breast, Quorn pieces (vegetarian option), leeks, carrots, potatoes, wheat, cow’s milk , broccoli. (G, E, DA) Fruit yogurts and fresh fruit platter Main ingredients: apricot, strawberry, raspberry puree, cow’s milk , sugar. Fresh fruit: melon, banana, orange (DA)	Chipolata or Quorn sausages with roasted sweet potato and vegetables Main ingredients: pork or Quorn (sausages), sweet potato , peppers, courgettes, peas . (G, E, LU) Vanilla semolina with strawberry coulis Main ingredients: strawberries, cow’s milk, semolina (durum wheat) , vanilla extract. (G, DA)	Creamy vegetable Korma with basmati rice Main ingredients: courgettes, carrots, peppers, cauliflower, onions, garlic, coconut milk, curry powder, basmati rice, cornflour . (G) Fresh fruit salad Main ingredients: apple, pear, banana, melon.	Lentil and butternut squash dhal with naan bread. Main ingredients: red lentils, butternut squash, tomatoes, curry powder, onion, garlic, wholemeal flour, coriander, cumin, vegetable stock, plain flour, natural yogurt, cow’s milk, egg . (G, E, N, SY, DA, LU) Rice pudding with blueberries or fresh fruit Main ingredients: cow’s milk, rice , blueberries, sugar. Fresh fruit: apple, pear (G, DA)	Cod or Quorn and sweetcorn pie with broccoli Main ingredients: cod or Quorn pieces (vegetarian option), potato , carrots, sweetcorn, broccoli, turmeric, cow’s milk (G, E, F, DA) Bananas and custard or fresh fruit Main ingredients: bananas, egg, cow’s milk , sugar, pears, apples, oranges. (G, E, DA)
	Drink	Water	Water	Water	Water	Water
	SNACK	Food	Kiwi slices and rich tea biscuits Main ingredients: barley , sugar, wheat flour , kiwis. (G)	Orange slices and breadsticks Main ingredients: Orange, wheat flour, wheatgerm, bran, cow’s milk . (G, DA)	Carrot batons and whole-wheat crackers Main ingredients: bananas, wheat flour, wheat germ, bran, cow’s milk , bananas (G, DA)	Sliced apple and rice cakes Main ingredients: apple, whole grain brown and white rice . (G)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
HIGH TEA	Food	Pancakes with cream cheese, celery sticks and sliced melon Main ingredients: plain flour, egg, cow’s milk, butter, soft cheese, celery , melon. (G, DA, CE)	Rea Pepper hummus and muffins, cucumber sticks and fruit puree pots Main ingredients: wheat flour, cow’s milk, wholemeal flour, egg , apple, pear, raspberry. (G, DA, E)	Cheese and Tomato pizza bites with cucumber sticks and slice pear Main ingredients: cheddar cheese, tomato, wholemeal flour, cow’s milk , cucumber and pear. (G, DA, SY)	Baked beans with buttered wholemeal bread and fresh fruit platter Main ingredients: haricot beans, tomato, wholemeal flour, butter , melon, banana, pear. (G, DA)	Crostini’s with a selection dips; hummus and beetroot and sliced banana Main ingredients: wheat flour , olive oil, chick peas, tahini, sesame seeds , lemon, garlic, beetroot, crème fraiche , red pepper, onion. (G, SY, DA, SE, LU)
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	WATER	Water is freely available throughout the day				
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