

# SPRING - WEEK 1

**LITTLE FOODIES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Homemade (nutrient packed) Chicago Style 'Healthy Meat Feast' Pizza, Seasoned Wedges, Coleslaw & Assorted Salad <b>G S M MUS</b>	Fusilli Pasta with Sunripened Tomato & Roast Vegetable Sauce with Garlic Bread & Assorted Salad <b>G CL M SES</b>	Healthy Cheeseburger Taco Burrito with Baked Nachos & Assorted Salad <b>G E M MUS CL</b>	Mild 'Chinese Style' Chicken Curry & Rice with Naan Bread & Assorted Salad <b>G MUS SUL</b>	Quorn Dippers Chunky Chips, Peas & Ketchup <b>G F</b>
VEGGIE OPTION	Homemade (nutrient packed) Chicago Style Margherita Pizza, Seasoned Wedges Coleslaw & Assorted Salad <b>G E M</b>	Fusilli Pasta with Sunripened Tomato & Roast Vegetable Sauce with Garlic Bread & Assorted Salad <b>G M SES CL</b>	Vegan Mince Cheeseburger Taco Burrito with Baked Nachos & Assorted Salad <b>G E S M MUS CL</b>	Creamy Vegetable Rogan Josh with Rice, Naan Bread & Assorted Salad <b>G CL</b>	Fishless Fingers, Chunky Chips, Peas & Ketchup <b>G</b>
JACKET POTATO OR PANINI & SANDWICHES	<b>Jacket Potato served with either:</b> Tuna Mayo <b>S E F F</b> Cheese <b>M S</b> Baked Beans With assorted Salad from the Salad Bar.	<b>Assorted Panini's to include:</b> Chicken Tikka & Cheese <b>G E M</b> Tuna Melt <b>G F M E</b> Cheese & Tomato <b>G M</b> Ham & Cheese <b>G M</b> With assorted Salad & Pasta Salad	<b>Jacket Potato served with either:</b> Tuna Mayo <b>S E F F</b> Cheese <b>M S</b> Baked Beans With assorted Salad from the Salad Bar.	<b>Assorted Panini's to include:</b> Chicken Tikka & Cheese <b>G E M</b> Tuna Melt <b>G F M E</b> Cheese & Tomato <b>G M</b> Ham & Cheese <b>G M</b> With assorted Salad & Pasta Salad	<b>Jacket Potato served with either:</b> Tuna Mayo <b>S E F F</b> Cheese <b>M S</b> Baked Beans With assorted Salad from the Salad Bar.
	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)
DESSERT	Individual Chocolate Ice Cream <b>M</b> Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>	Summer Fruit Marble Sponge <b>G E M S</b> Fresh Fruit or Yoghurt <b>M</b>	White Chocolate & Cherry Blondie <b>G E M S</b> Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>	Strawberry 'Upsidedown' Cheesecake <b>G M</b> Fresh Fruit or Yoghurt <b>M</b>	Fruit Salad & Ice Cream <b>M</b> Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>

Fresh Fruit & Yoghurt will be available daily. There will be a Salad Bar available daily for all children having a school lunch. All our meat & poultry is Farm Assured and we use local farms wherever possible for both meat and seasonal vegetables. All our fish is certified to ensure it has been fished responsibly.

## ALLERGENS

### Red = Contains

**M S** Mollusc   **G** Gluten   **F** Fish   **CL** Celery   **S** Soya   **SES** Sesame   **N** Nuts  
**E** Egg   **C** Crustaceans   **L** Lupin   **MUS** Mustard   **M** Milk   **SUL** Sulphur Dioxide   **PN** Peanuts

### Blue = May Contain

**M S** Mollusc   **G** Gluten   **F** Fish   **CL** Celery   **S** Soya   **SES** Sesame   **N** Nuts  
**E** Egg   **C** Crustaceans   **L** Lupin   **MUS** Mustard   **M** Milk   **SUL** Sulphur Dioxide   **PN** Peanuts

# SPRING - WEEK 2

**LITTLE FOODIES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Homemade (nutrient packed) Chicago Style Pepperoni Pizza with Seasoned Wedges, Coleslaw & Assorted Salad <b>G S M <sup>MUS</sup></b>	'Kids' Mild Beef & Lamb Kebabs on Vegetable Rice with Mint & Yoghurt Dressing & Assorted Salad <b>G E S M CL <sup>SUL</sup></b>	Roast Chicken Breast Dinner, with Yorkshire Puddings, Gravy, Roast Potatoes & Seasonal Vegetables <b>G E M</b>	Freshly Baked Premium Pork Sausage Roll with Baked Beans and Corn on the Cob <b>M G S <sup>SUL</sup></b>	'Jumbo' Fish Finger 'Butty' with side of Waffle Fries & Baked Beans <b>G F S</b>
VEGGIE OPTION	Homemade (nutrient packed) Chicago Style Margherita Pizza with Seasoned Wedges, Coleslaw & Assorted Salad <b>G E M</b>	Vegan 'Meatless' Balls in a Rich Tomato Sauce on Vegetable Rice with Assorted Salad <b>S CL</b>	Quorn Vegan Fillet, with Yorkshire Puddings, Gravy, Roast Potatoes & Seasonal Vegetables <b>G E M</b>	Freshly Baked 'Vegan Sausage Roll' with Baked Beans & Corn on the Cob <b>G</b>	Quorn Vegan Dippers with Waffle Fries & Baked Beans <b>G</b>
JACKET POTATO OR PANINI & SANDWICHES	<b>Jacket Potato served with either:</b> Tuna Mayo <b>S E F</b> Cheese <b>M S</b> Baked Beans With assorted Salad from the Salad Bar.	<b>Assorted Panini's to include:</b> Chicken Tikka & Cheese <b>G E M</b> Tuna Melt <b>G F M E</b> Cheese & Tomato <b>G M</b> Ham & Cheese <b>G M</b> With assorted Salad & Pasta Salad	<b>Jacket Potato served with either:</b> Tuna Mayo <b>S E F</b> Cheese <b>M S</b> Baked Beans With assorted Salad from the Salad Bar.	<b>Assorted Panini's to include:</b> Chicken Tikka & Cheese <b>G E M</b> Tuna Melt <b>G F M E</b> Cheese & Tomato <b>G M</b> Ham & Cheese <b>G M</b> With assorted Salad & Pasta Salad	<b>Jacket Potato served with either:</b> Tuna Mayo <b>S E F</b> Cheese <b>M S</b> Baked Beans With assorted Salad from the Salad Bar.
	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)
DESSERT	Cocoa Coated Donuts <b>G E M S</b> Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>	Red Velvet Cookie <b>G E M S</b> Fresh Fruit or Yoghurt <b>M</b>	Cherry & Vanilla Flapjack <b>G</b> Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>	Sweet Potato & Chocolate Brownie <b>G E M S</b> Fresh Fruit or Yoghurt <b>M</b>	Strawberry, Banana & Vanilla Mousse <b>M</b> Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>

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**E** Egg   **C** Crustaceans   **L** Lupin   **MUS** Mustard   **M** Milk   **SUL** Sulphur Dioxide   **PN** Peanuts

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# SPRING - WEEK 3

**LITTLE FOODIES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Homemade (nutrient packed) Chicago Style Veggie Supreme Pizza (Peppers, Red Onion & Sweetcorn) with Herby Diced Potatoes, Coleslaw & Assorted Salad <b>G E M CL SUL</b>	'Garlic Butter' Chicken Breast Fillet with Mash & Spring Vegetables <b>M</b>	Butchers Pork Sausage in a Finger Roll with Wedges & Salad <b>G S sub</b>	Classic Italian Beef Bolognaise Ragù, with Penne Pasta, Garlic Bread Slice & Assorted Salad <b>G CL M SES</b>	Fish Goujons, Chunky Chips, Peas, Sweetcorn & Ketchup <b>G F</b>
VEGGIE OPTION	Homemade (nutrient packed) Chicago Style Margherita Pizza with Herby Diced Potatoes, Coleslaw & Assorted Salad <b>G E M</b>	Crispy Vegetable Sausage with Mash & Spring Vegetables <b>G M</b>	Quorn Vegan Sausage in a Finger Roll with Wedges & Salad <b>G S</b>	Vegan Mince Bolognaise with Penne Pasta, Garlic Bread Slice & Assorted Salad <b>G S CL M SES</b>	Quorn Dippers Chunky Chips, Peas, Sweetcorn & Ketchup <b>G</b>
JACKET POTATO OR PANINI & SANDWICHES	<b>Jacket Potato served with either:</b> Tuna Mayo <b>S E F</b> Cheese <b>M S</b> Baked Beans With assorted Salad from the Salad Bar.	<b>Assorted Panini's to include:</b> Chicken Tikka & Cheese <b>G E M</b> Tuna Melt <b>G F M E</b> Cheese & Tomato <b>G M</b> Ham & Cheese <b>G M</b> With assorted Salad & Pasta Salad	<b>Jacket Potato served with either:</b> Tuna Mayo <b>S E F</b> Cheese <b>M S</b> Baked Beans With assorted Salad from the Salad Bar.	<b>Assorted Panini's to include:</b> Chicken Tikka & Cheese <b>G E M</b> Tuna Melt <b>G F M E</b> Cheese & Tomato <b>G M</b> Ham & Cheese <b>G M</b> With assorted Salad & Pasta Salad	<b>Jacket Potato served with either:</b> Tuna Mayo <b>S E F</b> Cheese <b>M S</b> Baked Beans With assorted Salad from the Salad Bar.
	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G S</b> Cheese <b>M S</b> Tuna Mayo <b>S F E</b> Cream Cheese <b>S G M</b> Egg Mayo <b>S G E</b> Salmon Mayo <b>G E F S</b> (Gluten Free available)
DESSERT	Strawberry Fruit Ice Smoothie Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>	Decorated Vanilla Buns <b>G E M S</b> Fresh Fruit or Yoghurt <b>M</b>	Homemade Decorated Shortbread Biscuits <b>G E M S</b> Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>	Polaris Eton Mess <b>E</b> Fresh Fruit or Yoghurt <b>M</b>	Reduced Sugar Biscoff Sponge <b>G E M S</b> Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>

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