

Example Lunch and Tea Menu

This is just a sample of our extensive menu. Allergens are highlighted in **bold>. Every meal period includes a drink of water.**

Milk is also available at snack times.

	Day 1	Day 2	Day 3
Breakfast	Wheat bisks, porridge oats or toast and mixed dried fruit. gluten/wheat, oats, milk	Malted wheaties, wheat bisks or toast and blueberries. gluten/wheat, milk	Multi grain hoops, porridge oats or toast and apple slices. gluten/wheat, oats, milk
Snack	Apple & pear slices. milk	Crackers & spread with banana. gluten/wheat, milk	Breadsticks with tuna dip, carrot & courgette sticks. gluten/wheat, fish, milk
Lunch & Dessert	Cod fish pie (carrots, spinach, boiled egg) with new potatoes & tomato. Fromage frais. fish, milk, gluten/wheat, egg	Spiced lamb tagine (tomato, carrot, garlic, courgette, sultanas) & cous cous. Fruit salad/smoothie lollies. gluten/wheat	Vegetable bolognese (tomato, chickpeas, pepper, onion, herbs, sweet potato, wholewheat spaghetti). Oat & raisin cookie. gluten/wheat, oat
Snack	Breadstick with pea yoghurt dip. gluten/wheat, milk	Carrot & cucumber batons with swiss cheese slice. milk	Banana & kiwi slices. milk
Tea & Dessert	Crackerbread ploughmans (cheese, coleslaw, boiled egg) with salad. Fruit platter. gluten/wheat, milk, egg, mustard	Vegetable noodle soup (tomato, carrots, lentils) & wholemeal bread fingers. Peach fool yoghurt ripple. gluten/wheat, barley, milk	Homemade sausage/quorn & cheese rolls with mixed vegetables. Fromage frais. gluten/wheat, milk, sodium sulphate

Notes: vegetarian and special dietary requirements provided as required. Adapted for weaning babies. Breakfast is provided at an additional cost.