

Menu: Spring-Summer Week 1

Breakfast: We provide carefully selected cereals with no added sugar or artificial colours with dairy or plant-based milk. In addition, children are offered porridge, toast and fresh fruit along with a drink of water, dairy or plant-based milk.

	Mid-morning snack Always served with a choice of water, dairy milk or plant-based milk	Baby, Toddler & Preschool Lunch Served with water. Fresh fruit is served mid-afternoon.	Toddler & Preschool Tea Always served with a choice of water, dairy milk or plant-based milk	Babies' tea Always served with a choice of water, dairy milk or plant-based milk
Monday	Mackerel pate on toast slices made with soft dairy/non-dairy cheese	Summer vegetable stew served with mashed sweet potatoes and paprika	Grated root vegetables, mixed beans and fruit slaw and dairy/non-dairy cheese and spinach in half pittas	Root vegetable and dairy/non-dairy cheese smash, pureed, mashed or whole, with fruit and vegetable slaw and pitta fingers
Tuesday	Sunflower seed energy balls (flattened to avoid choking) and apple slices	Mac and cauliflower cheese (dairy/non-dairy) with peas and broccoli	Sandwiches: soft dairy/non-dairy cheese and cucumber, hummus or skipjack tuna with vegetable sticks and leafy green salad	Mackerel and potato hash, pureed, mashed or whole, with cucumber sticks and mini sandwich fingers
Wednesday	Pea hummus with breadsticks	Poached white fish (or butterbeans) in dairy/non-dairy milk with garlic smashed new potatoes	Pizza dippers (dairy/non-dairy cheese) with quinoa salad and leafy greens	Mediterranean vegetable stew, pureed, mashed or whole, with pizza dippers (dairy/non-dairy cheese)
Thursday	Crackers and soft dairy/non-dairy cheese with cucumber slices	Mediterranean chicken (or chickpea) vegetable couscous served raisins chickpeas with summer salad	Cheese and chive pasta (made with (dairy/non-dairy soft cheese) and chive sprinkles with vegetable sticks and leafy green salad	Cheese and chive pasta (made with (dairy/non-dairy soft cheese) and chive sprinkles with vegetable sticks and leafy green salad
Friday	Crumpets and apple slices with dippy yoghurt (dairy or non-dairy)	Curried fried rice with scrambled tofu (or peas) and seasonal vegetables	Minestrone soup served with wholemeal bread	Minestrone soup, pureed mashed or whole, served with wholemeal bread

() are to account for vegetarian, plant-based and soya free requirements

Menu: Spring-Summer Week 2

Breakfast: We provide carefully selected cereals with no added sugar or artificial colours with dairy or plant-based milk. In addition, children are offered porridge, toast and fresh fruit along with a drink of water, dairy or plant-based milk.

	Mid-morning snack Always served with a choice of water, dairy milk, or plant-based milk	Baby, Toddler & Preschool Lunch Served with water. Fresh fruit is served mid-afternoon.	Toddler & Preschool Tea Always served with a choice of water, dairy milk, or plant-based milk	Babies' tea Always served with a choice of water, dairy milk or plant-based milk
Monday	Crackers and soft dairy/non-dairy cheese with grated carrot	Salmon kedgeree (or chickpeas) served with summer vegetables <small>(Salmon from sustainable stock)</small>	Superfood pasta salad served with a dollop of yoghurt	Pasta salad made with beetroot, tomatoes, and green beans self-served with a dollop of fortified coconut yoghurt
Tuesday	Breadsticks and cucumber slices	Mixed vegetable and tofu curry with creamy coconut sauce (made with fortified coconut yoghurt) served with rice	Creamy Mexican pinto bean soup (made with soft dairy/non-dairy cheese) with wholemeal bread	Creamy Mexican pinto bean soup (made with soft dairy/non-dairy cheese) with wholemeal bread
Wednesday	Dairy/non-dairy plain yoghurt and prunes with rice cakes	Lemon broccoli pasta served with chicken (or mixed beans)	Sandwiches: soft dairy/non-dairy cheese and cucumber, hummus or skipjack tuna with vegetable sticks and leafy green salad	Thick pea and mint soup with cucumber sticks and mini sandwich fingers
Thursday	Beetroot hummus and pitta	Pea risotto (dairy and non-dairy) with quartered cherry tomatoes and sweet pepper sticks	Mackerel pate on toast slices made with soft dairy/non-dairy cheese leafy green salad and vegetable sticks	Mackerel and potato hash with vegetable sticks
Friday	Dairy/non-dairy cream cheese toast slices with vegetable sticks	Leek and potato pie (dairy/non-dairy cheese) with peas and broccoli	Pizza dippers (dairy/non-dairy cheese) with quinoa salad and leafy greens	Mediterranean vegetable stew, pureed, mashed or whole, with pizza dippers (dairy/non-dairy cheese)

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Menu: Spring-Summer Week 3

Breakfast: We provide carefully selected cereals with no added sugar or artificial colours with dairy or plant-based milk. In addition, children are offered porridge, toast and fresh fruit along with a drink of water, dairy or plant-based milk.

	Mid-morning snack Always served with a choice of water, dairy milk or plant-based milk	Baby, Toddler & Preschool Lunch Served with water. Fresh fruit is served mid-afternoon.	Toddler & Preschool Tea Always served with a choice of water, dairy milk or plant-based milk	Babies' tea Always served with a choice of water, dairy milk or plant-based milk
Monday	Toasted fruit bread	Vegetable and white fish (or mixed beans) paella with peas	Jacket potatoes and low sugar baked beans with dairy/non-dairy cheese and vegetable sticks with leafy green salad	Dairy/non-dairy cheese smash with low sugar baked beans and leafy green salad
Tuesday	Mackerel pate on toast slices made with soft dairy/non-dairy cheese	Sweet 'n' sour chicken and chickpeas, served with rice and seasonal vegetables	Pizza dippers (dairy/non-dairy cheese) with quinoa salad and leafy greens	Thick tomato and red lentil soup with pizza dippers, vegetable sticks and leafy green salad
Wednesday	Breadsticks and carrots with hummus	Lentil Bolognese and spaghetti with seasonal vegetables served with dairy/non-dairy cheese	Spiced chickpea couscous with cucumber and tomatoes served with a dollop of fortified coconut yoghurt	Spiced chickpea couscous with cucumber and tomatoes served with a dollop of fortified coconut yoghurt
Thursday	English muffins with sliced pears	Vegetable moussaka made with dairy/non-dairy cheese served with garlic bread	Pea and mint soup made with fortified dairy/non-dairy cream cheese with cucumber sticks and wholemeal bread	Thick pea and mint soup made with fortified dairy/non-dairy cream cheese with cucumber sticks with wholemeal bread fingers
Friday	Homemade plain dairy/non-dairy yoghurt and fruit pops with rice cakes	Lentil, potato and spinach curry with couscous	Sandwiches: soft dairy/non-dairy cheese and cucumber, hummus or skipjack tuna with vegetable sticks and leafy green salad	Ratatouille, pureed, mashed or whole, with mini sandwiches and vegetable sticks

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