

All Family First menus state allergens in the recommended recipes, in some circumstances products may vary in allergen content depending on stock availability. Any changes must be logged and meals adjusted accordingly to meet the children's dietary requirements.

Spring/Summer Menu - Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast: We serve a range of breakfast options every day including cereals, toast and porridge.

Lunch	Main	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian Option	Family First pasta V Mi G	Chicken kebab, served with bulgur wheat Mi G	Beef enchiladas Mi G	Potato topped cheesy bean pie V Mi	Turkey masala and rice Mu
	Starter or 2nd Course		Garlic pitta fingers V Mi G	Quorn kebab, served with bulgur wheat V Mi G E	Vegetable enchiladas V Mi G	Berry-blast smoothie V Mi
		Fresh fruit V			Vegetable masala and rice V Mu	Naan bread with yoghurt and cucumber dip V G Mi

All lunches and teas: served with a side of mixed vegetables or salad. Yoghurt and fruit are available after tea.

Snacks: a selection of rolling snacks are provided. These consist of a choice of fresh fruits, crudités, cream cheese and crackers and breadsticks, and more.

Tea	Tea	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian Option	Jacket potato station with fruity cheese and baked beans V Mi	Mediterranean flatbreads V G Mi	Red pesto pinwheels V G Mi Se	Baked fish finger rolls and salad G So F Yoghurt and dill dip V Mi	Baked veggie finger rolls and salad V G So Yoghurt and dill dip V Mi

Weaning: our chefs will cater for all weaning stages in line with our weaning menus and agreement forms.

Drinks: water and milk are available throughout the day.

C Celery

E Eggs

G Gluten

Mi Milk

Mu Mustard

So Soya

V Vegetarian

Cr Crustaceans

F Fish

L Lupin

Mo Molluscs

Se Sesame

Su Sulphur dioxide

ⓧ WE AIM TO BE NUT/PEANUT FREE

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Spring/Summer Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
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Breakfast: We serve a range of breakfast options every day including cereals, toast and porridge.

Lunch	Main	Macaroni cheese V G Mi Mu	Roast chicken, crispy potatoes, Yorkshire puddings, gravy and seasonal vegetables G Mi E	Vegetable korma and rice V Mu Mi	Beef goulash with fruity couscous G Mi Su	Chicken and leek pie G Mi C Mu
	Vegetarian Option		Roast Quorn, crispy potatoes, Yorkshire puddings, gravy and seasonal vegetables V G Mi E		Vegetable goulash with fruity couscous V G Mi Su	Vegetable pie V G Mi C Mu
	Starter or 2nd Course	Baked oats with yoghurt V G Mi Su	Fresh fruit V	Curried triangles with avocado dip V G Mi Mu	Crusty bread roll with butter V G Mi So	Summer fruit salad V

All lunches and teas: served with a side of mixed vegetables or salad. Yoghurt and fruit are available after tea.

Snacks: a selection of rolling snacks are provided. These consist of a choice of fresh fruits, crudités, cream cheese and crackers and breadsticks, and more.

Tea	Tea	Cheese and herb crumpets V G Mi So	Beans on toast with grated cheese V G Mi So	Baked fish cakes with salad and yoghurt and dill dip G Mi F	Pitta pockets with a selection of fillings and salad Cheese V Houmous V Egg mayo V G Mi So Se E Mu	Veggie powered rigatoni V G Mi C
	Vegetarian Option			Baked veggie fingers with salad and yoghurt and dill dip V G Mi		

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Drinks: water and milk are available throughout the day.

- G** Celery
- E** Eggs
- G** Gluten
- Mi** Milk
- Mu** Mustard
- So** Soya
- V** Vegetarian
- Cr** Crustaceans
- F** Fish
- L** Lupin
- Mo** Molluscs
- Se** Sesame
- Su** Sulphur dioxide
- X** WE AIM TO BE NUT/PEANUT FREE

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Spring/Summer Menu - Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast: We serve a range of breakfast options every day including cereals, toast and porridge.

Lunch	Main	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian Option	Creamy mushroom fusilli V G Mi Mu	BBQ chicken with mashed potato and vegetables Mi Mu Su	Sweet and sour veggies with rice V So Su	Italian beef bolognese G C	Chicken and rosemary bake served with carrot and swede mash and gravy G Mi C
	Starter or 2nd Course		Garlic bread V G Mi		BBQ beans with mashed potato and vegetables V Mi Mu Su	Italian vegetable bolognese V G C
Starter or 2nd Course	Garlic bread V G Mi	Summer berry fruit loaf V G Mi E Su	Fresh fruit V	Melon and cheese fingers V Mi	Strawberry and banana smoothie V Mi	

All lunches and teas: served with a side of mixed vegetables or salad. Yoghurt and fruit are available after tea.

Snacks: a selection of rolling snacks are provided. These consist of a choice of fresh fruits, crudités, cream cheese and crackers and breadsticks, and more.

Tea	Tea	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetarian Option	Spiced cheese and vegetable twists V G Mi Mu	Grilled tuna and cheese panini with salad G F E Mu Mi	Three bean chilli with jacket potatoes, cheese and avocado dip V Mi	Summer picnic tea (selection of crackers, dips, cheeses and fruit and vegetable crudites) V G Mi Se So	Veggie supreme pizza fingers V G Mi So
Vegetarian Option	Spiced cheese and vegetable twists V G Mi Mu	Grilled pesto panini with salad V G Mi Se	Three bean chilli with jacket potatoes, cheese and avocado dip V Mi	Summer picnic tea (selection of crackers, dips, cheeses and fruit and vegetable crudites) V G Mi Se So	Veggie supreme pizza fingers V G Mi So	

Weaning: our chefs will cater for all weaning stages in line with our weaning menus and agreement forms.

Drinks: water and milk are available throughout the day.

C Celery

E Eggs

G Gluten

Mi Milk

Mu Mustard

So Soya

V Vegetarian

Cr Crustaceans

F Fish

L Lupin

Mo Molluscs

Se Sesame

Su Sulphur dioxide

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