

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

**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, crudité's, cream cheese and crackers and breadsticks, and more.

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

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

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

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# Spring/Summer Menu - Week 3

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

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

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