

SPRING

MARCH APRIL MAY

WEEK 1 2/3, 30/3, 27/4, 25/5



	LUNCH	AM SNACK	PM SNACK	TEA	PUDDING
MON	Spaghetti bolognese (beef or Quorn mince) with carrots and mushrooms (5)	Breadsticks and Babybels (1,6)	Apples and Pears	Speedy lentil coconut curry with naan bread, courgettes and peppers (6,5)	Custard with berries (1)
TUE	Mildly spicy white fish with butter beans and tomatoes, peas and couscous (7,6)	Carrot sticks with hummus (8)	Crackers with sour cream chive dip (1,6)	Baked tomato risotto with peppers and chickpeas	Greek yoghurt with peaches (1)
WED	Chicken or vegan curry with peppers and potatoes, peas and brown rice (5)	Rice cakes with fruit compote	Melon slices	Jacket potatoes with chilli beans and cheese (1)	Rice pudding with vanilla essence (1)
THU	Savoury mince or Quorn mince with mixed vegetables and mash (5)	Oatcakes with cream cheese (1)	Cucumber sticks with tzatziki (1)	Creamy sardine or tofu and garlic pasta with sweetcorn (7,1,5,6)	Fruit salad
FRI	Cauliflower paneer with chickpea curry and naan bread (1,6)	Pitta bread with cheese and chive dip (6,1)	Easy peel oranges	Chicken salad or egg salad sandwiches (2,6)	Fromage Frais (1)

KEY

1 Milk
2 Eggs
3 Peanuts

4 Tree Nuts
5 Soya
6 Wheat

7 Fish
8 Sesame
9 Shellfish

10 Mustard
11 Sulphur
12 Celery

13 Molluscs
14 Lupin

SPRING

MARCH APRIL MAY

WEEK 2 9/3, 6/4, 4/5



	LUNCH	AM SNACK	PM SNACK	TEA	PUDDING
MON	Beef or Quorn chilli con carne with sweetcorn and brown rice (5)	Crackers with sour cream and chive dip (1,6)	Carrots and celery sticks with hummus (8)	Macaroni cheese with tofu and peas (1,6,5)	Rice pudding with coconut and vanilla essence (1)
TUE	Moroccan chicken or vegan chicken with peppers courgettes and bulgur (6,5)	Bread fingers and spread (6)	Bananas	Reds lentil, chickpea, potato and celery soup with homemade bread (6,12)	Apple bread (2,6)
WED	Thai fish curry with courgette, peas and butter beans, served with cous cous (7,6)	Pineapple slices	Crispbread with cream cheese (1,6)	Roast vegetable wrap with hummus and cheese (1,6,8)	Greek yoghurt with mango (1)
THU	Cottage pie with beef or Quorn, carrots and peas (5)	Breadsticks and Babybels (1,6)	Vegetable fingers with tzatziki (1)	Creamy pesto, basil and chickpea pasta (1,6)	Banana with milk (1)
FRI	Creamy salmon or bean, leek and potato tray bake with peas (7,1)	Rice cakes with fruit compote	Melon	Egg and cucumber sandwiches (2,6)	Fromage Frais (1)

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MARCH APRIL MAY

WEEK 3 16/3, 13/4, 11/5



	LUNCH	AM SNACK	PM SNACK	TEA	PUDDING
MON	Chicken or tofu, broccoli and carrot stir fry with noodles (2,5,6)	Cheese fingers with cucumber (1)	Oatcakes with cream cheese (1)	Mildly spicy roast vegetable casserole with lentils and brown baguette (6)	Custard with bananas (1)
TUE	Sausage or vegan sausage ragu tagliatelle with mushrooms and carrots (5,6)	Carrot sticks with hummus (8)	Crackers with Babybels (1)	Tuna pizza with sweetcorn, peppers and egg (7,6,2)	Greek yoghurt with pineapple (1)
WED	One pan teriyaki beef or Quorn mince with broccoli, peas and brown rice (5)	Rice cakes with fruits compote	Fromage Frais (1)	Bean and halloumi stew with pitta bread (6)	Fruit salad
THU	Fish or butterbean pie with leeks and peas (7,1)	Breadsticks with sour cream dip (1,6)	Vegetable fingers with tzatziki (1)	Chickpea pasta with cream cheese and roasted vegetables (1,6)	Apple pie with creme fraiche (1,6)
FRI	Beef mince or chickpea keema curry with couscous aubergines and peppers (6)	Crispbread with cream cheese (1)	Bananas	Grated carrot and hummus sandwiches (8)	Fromage Frais (1)

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MARCH APRIL MAY

WEEK 4 23/3, 20/4, 18/5



	LUNCH	AM SNACK	PM SNACK	TEA	PUDDING
MON	Chicken or tofu and mushroom carbonara with wholemeal spaghetti and peas (5,1,6)	Pitta bread with blueberry puree (6)	Oranges and easy peelers	Baked beans with brown baguette and cheese (6,1)	Greek Yoghurt with berries (1)
TUE	Mackerel or beans with lemon and dill, peas, peppers and wholemeal rice (7)	Crackers with cheddar cheese dip (1,6)	Cucumber sticks and hummus (8)	Quorn mince and courgette bolognese with wholemeal pasta (6,5)	Banana with milk (1)
WED	Beef or Quorn stew with carrots, peas and mash (5)	Melon	Breadsticks and Babybels (6,1)	Vegetable paella with wholemeal brown rice and chickpeas	Blueberry bread (2,6)
THU	Fish or chickpea coconut curry with wholemeal rice, peas and peppers (7)	Rice cakes with fruit compote	Fromage Frais (1)	Pizza with chicken or vegan chicken and peppers (5,6)	Rice pudding with peaches (1)
FRI	Beef or tofu stroganoff with carrots, mushrooms and couscous (5,6)	Pineapple slices	Oat cakes with cream cheese (1,6)	Egg fried rice and mixed vegetables (2)	Fromage Frais (1)

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