

MENU 1	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
<u>Monday</u>	Vegetable and fruit selection (14-1)	Chilli con carne and rice(14-2-1) Trio of melon	Rice cakes pineapple	Hotdog sausages in a roll, with salad.(2-7-6-1) Fruit rock cakes (2-4-6-7-14)
<u>Tuesday</u>	Cheesy pastry people Hummus (12-10-7-6-9-4-2)	(1-2-4-6-7-9-14) Tomato pasta with peas and garlic bread Natural yoghurt with cherry compote (7-14-)	Celery (14-7) Cream cheese sticks	Selection of sandwiches (14-7-6-4-2) bananas
<u>Wednesday</u>	Grapes pears	Beef meatballs with cous cous and roasted vegetables. (1-2--6-12-14) Rice pudding (7)	Carrots blueberries	Jacket potato with tuna and sweetcorn. With vegetable sticks. (5-1) Poached pear, and vanilla sauce (14-)
<u>Thursday</u>	Peaches Sugar snap peas (14)	(14-9-7-6-2-1) Herb roasted chicken, with roast potatoes and cauliflower cheese. (1-2-7-9-13-) Fromage frais (7)	Popcorn (2) Apple	Baked beans on toast with grated cheese. .(6-2-7) (7-6-) Fresh fruit salad.
<u>Friday</u>	Rice cakes (2) bananas	Breaded salmon fish fingers , boiled potatoes and vegetables.. Treacle sponge pudding and custard.(4-7-14)	Watermelon orange	Bread rolls with a selection of fillings. And salad.(2-6-7-14-1-4--) Fruit terrine (14-7-)

*The numbers correspond to the new allergens information provided by the Food Standards Agency. Full details on Parent Board.