

<u>Week 3</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
<u>Monday</u>	Pepper(14) Cucumber(14) apple	Paprika chicken with savoury couscous and peas (2-7-1-14) Fruit salad	Plain popcorn Grapes	Tomato pasta bake, with salad. (14-1-6-2-1) Banana cake.(2-4-6-)
<u>Tuesday</u>	Rice cakes Bananas	Cottage pie with mixed vegetables (1-6-) Strawberries and Fruit jelly (gelatine, not suitable for halal)	Oranges Cherry tomatoes	Sandwich selection with salad.(2-4-6-7-9-) Fromage frais (7-4-)
<u>Wednesday</u>	Cheese straws (9-2) Cucumber (14)	Chicken curry with rice and naan bread. Chunky apple and raisin bake with custard. (2-4-6-7-14)	Pineapple Carrot sticks(14)	Jacket potato with tuna and cheese.(5-7-) Banana, berry, and yoghurt smoothy (7)
<u>Thursday</u>	Hummus and vegetables (1-12-14)	Roast chicken with Yorkshire pudding, roast potatoes, cabbage and carrots. (4-2-1-14-) Syrup sponge and custard (2-7-4-)	Blueberries Cheese (7) Apple	Cauliflower cheese, with sweetcorn (7-9-2-14) Poached pears, with vanilla sauce.(7-)
<u>Friday</u>	Dried fruit(14) plums	Sausages, mashed potato, carrots and beans.(2-9-13-1-) Apricot whip. (14-7)	Pears Bread sticks(2-4-6-7-12)	Filled bread roll sandwiches.(2-4-6-7-9-1-14) Trio of melon

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