

SUMMER MENU 2019

April, May, June, July, August & September

All Dietary Requirements are available on all meals. Fresh Fruit is offered/available at every meal time. Very young children may have alternative on occasions.

BREAKFAST

Choice of cereals - Wheatabix, Malted Wheat, Rice Crispies, Cheerios, Instant Oats, Cornflakes. Eggs - Scrambled or Poached. Natural Yoghurt & Honey. Wholemeal Toast - Marmite, Dairyalea, Honey or Jam. Fresh Fruit. Milk - Hot or Cold. Orange Juice (diluted) or Water.

DAY	AM SNACK	HOT LUNCH	DESSERT	PM SNACK	TEA	DESSERT
<u>DAY 1</u> APR- 1 st & 16 th MAY- 1 st , 16 th , 31 st JUN- 17 th JULY- 2 nd , 17 th AUG- 1 st , 16 th SEP- 2 nd , 17 th	Oatcake, Peach & Sugar Snap ALLERGENS: OATS	<u>Pork Goulash & Herby Dumplings</u> <u>served with Root Mash</u> INGREDIENTS: pork, onion, flour, red pepper, mushrooms, paprika, meat stock, suet, tomato, puree, ketchup, worcestershire sauce, parsley, mixed herbs, potato, carrot, swede, butter ALLERGENS: WHEAT, BARLEY, MILK	Red Berry Frozen Yoghurt INGREDIENTS: yoghurt, assorted red fruits ALLERGENS: MILK	Fruit Bread, Pear & Carrot Sticks ALLERGENS: WHEAT, SOYA	<u>Macaroni Cheese</u> INGREDIENTS: pasta, flour, butter, milk, cheese, mustard, tomatoes. ALLERGENS: WHEAT, MILK	Home-made Cake INGREDIENTS: flour, eggs, butter, sugar ALLERGENS: WHEAT, EGGS, MILK
<u>DAY 2</u> APR - 2 nd , 17 th MAY - 2 nd , 17 th JUN - 3 rd , 18 th JULY - 3 rd , 18 th AUG - 2 nd , 19 th SEP - 3 rd , 18 th	Cracker, Cheese Spread & Plums ALLERGENS: WHEAT, MILK	<u>Chicken Supreme served with Rice & Broccoli</u> INGREDIENTS: chicken, bacon, rice, butter, flour, stock, cream, onion, mushrooms, mixed veg, broccoli ALLERGENS: MILK, WHEAT	Apple Pie with Custard INGREDIENTS: apples, flour, butter, sugar, milk, custard ALLERGENS: WHEAT, MILK	Crumpet, Red Pepper & Melon ALLERGENS: WHEAT (may - egg, milk, soya)	<u>Fish Fingers with Heinz Spaghetti Hoops</u> INGREDIENTS: fish, breadcrumbs, ALLERGENS: FISH, WHEAT (may contain- egg)	Peaches & Ice-Cream INGREDIENTS: vanilla ice-cream, tinned peaches ALLERGENS: MILK
<u>DAY 3</u> APR - 3 rd , 18 th MAY - 3 rd , 20 th JUN - 4 th , 19 th JULY - 4 th , 19 th AUG - 5 th , 20 th SEP - 4 th , 19 th	Pitta, Humus & Green Grapes ALLERGENS: WHEAT (may contain - egg, milk, soya)	<u>Quorn Sausage & Bean Hot Pot</u> <u>served with Green Beans</u> INGREDIENTS: quorn sausage, baked beans, onions, mixed beans, potatoes, green beans ALLERGENS: WHEAT, EGG, BARLEY	Chocolate Cheesecake INGREDIENTS: soft cheese, milk, biscuit base, butter, chocolate, cocoa ALLERGENS: WHEAT, MILK, EGGS, SOYA (may contain - nuts)	Digestive, Blueberry & Tomato ALLERGENS: WHEAT, MILK (may - nuts)	<u>Assorted Sandwich Buffet</u> INGREDIENTS: wholemeal bread, dairy free spread, ham, diarylea, jam ALLERGENS: WHEAT, SOYA, MILK,	Raisin & Oat Biscuit INGREDIENTS: butter, sugar, eggs, flour, mixed spice, oats, raisins ALLERGENS: WHEAT, OATS, MILK
<u>DAY 4</u> APR - 4 th , 19 th MAY - 6 th , 21 st JUN - 5 th , 20 th JULY - 5 th , 22 nd AUG - 6 th , 21 st SEP - 5 th , 20 th	Breadstick, Yogurt & Pineapple ALLERGENS: WHEAT, BARLEY (may contain - milk, sesame, soya)	<u>Bolognaise Pasta Bake served with Cucumber Salad</u> INGREDIENTS: pasta, mince beef, onions, carrots, celery, tomatoes, tomato puree, cheese, cucumber, green pepper. ALLERGENS: WHEAT, MILK	Fresh Fruit Salad INGREDIENTS: apples, oranges, pears, plums, melon pineapple, strawberry's. ALLERGENS: NONE	Potato Cake, Cucumber & Red Grape ALLERGENS: WHEAT	<u>Warm Quiche & Crudities</u> INGREDIENTS: cheese & onion quiche, cucumber, carrot & celery sticks ALLERGENS: MILK, WHEAT, EGG, MUSTARD,	Angel Delight INGREDIENTS: ALLERGENS: MILK (may contain - soya, wheat)
<u>DAY 5</u> APR - 5 th , 22 nd MAY - 7 th , 22 nd JUN - 6 th , 21 st JULY - 8 th , 23 rd AUG - 7 th , 22 nd SEP - 6 th , 23 rd	Wholemeal Pasta, Orange & Banana ALLERGENS: WHEAT	<u>Cod Fish Cake, Creamy Mashed Potato and Mixed Vegetables</u> INGREDIENTS: fishcake, potato, butter, mixed vegetables. ALLERGENS: FISH, WHEAT, MILK	Baked Pears & Creme Fraiche' INGREDIENTS: pears, honey, crème fraiche ALLERGENS: MILK	Cheddars, Cheese Cube & Apple ALLERGENS: WHEAT, MILK, BARLEY (may - sesame)	<u>Selection of Pizza Wedges</u> INGREDIENTS: assorted pizza's, apple wedges ALLERGENS: WHEAT, MILK	Swiss Roll INGREDIENTS: flour, butter, sugar, cocoa, vanilla extract ALLERGENS: EGG, MILK, SOYA, WHEAT (may contain - nuts)

DAY	AM SNACK	HOT LUNCH	DESSERT	PM SNACK	TEA	DESSERT
<u>DAY 6</u> APR - 8 th , 23 rd MAY - 8 th , 23 rd JUN - 7 th , 24 th JULY - 9 th , 24 th AUG - 8 th , 23 rd SEP - 9 th , 24 th	Digestive, Blueberry & Tomato ALLERGENS: WHEAT, MILK <i>(may contain - nuts)</i>	<u>Moroccan Lamb and Vegetable Casserole served with Cous Cous</u> INGREDIENTS: lamb, onion, tagine paste, wheat, tomatoes, apricots, carrots, swede, turnip, leek, cous cous ALLERGENS: METABISULPHITE, WHEAT	Bananas & Custard INGREDIENTS: bananas, custard ALLERGENS: MILK	Oatcake, Peach & Sugar Snap ALLERGENS: OATS	<u>Assorted Filled Wholemeal Wraps</u> INGREDIENTS: wholemeal wraps, dairlea, sliced ham & chicken, lettuce, cucumber, tomato, mayo ALLERGENS: WHEAT, EGGS, MUSTARD	Fruit Yoghurt INGREDIENTS: milk, assorted fruits ALLERGENS: MILK
<u>DAY 7</u> APR - 9 th , 24 th MAY - 9 th , 24 th JUN - 10 th , 25 th JULY - 10 th , 25 th AUG - 9 th , 26 th SEP - 10 th , 25 th	Fruit Bread, Pear & Carrot Sticks ALLERGENS: WHEAT, SOYA	<u>Roast Beef & Yorkshire Dinner Roasties and Vegetables</u> INGREDIENTS: beef, flour, eggs, milk, potato, carrots, swede, sprouts & gravy ALLERGENS: WHEAT, EGG, MILK, SOYA	Strawberry Sundae INGREDIENTS: ice-cream, strawberry's, wafer, sauce, squirty cream ALLERGENS: MILK, SOYA, WHEAT	Breadstick, Yogurt & Pineapple ALLERGENS: WHEAT, BARLEY <i>(may - milk, sesame, soya)</i>	<u>Home-made Soup & Bread Roll</u> INGREDIENTS: carrots, onion, celery, tomatoes, stock, cream ALLERGENS: MILK, WHEAT	Jam Tart INGREDIENTS: flour, butter, sugar, jam ALLERGENS: WHEAT, MILK, EGG
<u>DAY 8</u> APR - 10 th , 25 th MAY - 10 th , 27 th JUN - 11 th , 26 th JULY - 11 th , 26 th AUG - 12 th , 27 th SEP - 11 th , 26 th	Rice Cake, Strawberry & Mange Tout ALLERGENS: NONE <i>(may contain - soya)</i>	<u>Mild Curried Vegetables served with Boiled Rice & Naan Bread</u> INGREDIENTS: rice, onion, carrot, broccoli, cauliflower, garlic, tom puree, curry paste, coconut milk, baby sweetcorn, peas, naan, ALLERGENS: WHEAT, MILK, MUSTARD, SULPHER DIOXIDE,	Crumble & Custard INGREDIENTS: rhubarb, sugar, flour, butter, custard ALLERGENS: MILK, WHEAT <i>(may contain - nuts)</i>	Wholemeal Pasta, Orange & Banana ALLERGENS: WHEAT	<u>Jacket Potato with Tuna or Cheese</u> INGREDIENTS: potato, dairy free spread, grated cheese, tuna ALLERGENS: MIL	Ice-Cream Roll INGREDIENTS: sponge, vanilla ice-cream, jam ALLERGENS: WHEAT, MILK, EGGS, SOYA
<u>DAY 9</u> APR - 11 th , 26 th MAY - 13 th , 28 th JUN - 12 th , 27 th JULY - 12 th , 29 th AUG - 13 th , 28 th SEP - 12 th , 27 th	Crumpet, Red Pepper & Melon ALLERGENS: WHEAT <i>(may contain - egg, milk, soya)</i>	<u>Mediterranean Cod Bake served with Potato Croquettes & Broad Beans</u> INGREDIENTS: cod, peppers, mushrooms, onions, courgettes, passata, potato croquettes, broad beans ALLERGENS: WHEAT, EGG	Yoghurt & Mango Mash INGREDIENTS: yogurt, mango ALLERGENS: MILK	Cracker, Cheese Spread & Plum ALLERGENS: OATS, MILK	<u>Bow Tie Rainbow Pasta Salad</u> INGREDIENTS: pasta bows, ham, sweetcorn, peas, cucumber, tomatoes, peppers, grapes, sultanas, dressing ALLERGENS: WHEAT	Home-made Cake INGREDIENTS: flour, eggs, butter, sugar ALLERGENS: OATS
<u>DAY 10</u> APR - 12 th , 29 th MAY - 14 th , 29 th JUN - 13 th , 28 th JULY - 15 th , 30 th AUG - 14 th , 29 th SEP - 13 th , 30 th	Cheddars, Cheese Cube & Apple ALLERGENS: WHEAT, MILK, BARLEY <i>(may contain - sesame)</i>	<u>Creamy Turkey Penne served with Roasted Vegetables</u> INGREDIENTS: turkey, onion, garlic, plum tomatoes, sun blush tomato, stock, lemon juice, double cream, parmesan, carrots, swede, parsnips, ALLERGENS: WHEAT, MILK	Chocolate Crispie Cups INGREDIENTS: rice crispies, chocolate ALLERGENS: MILK, BARLEY	Pitta, Humus & Green Grapes ALLERGENS: WHEAT <i>(may - egg, milk, soya)</i>	<u>'Howdy' Hot Dogs</u> INGREDIENTS: sausages, finger rolls, ALLERGENS: WHEAT, SULPHITE, <i>(may contain - celery, eggs, milk, mustard, soya)</i>	Summer Berry Ice INGREDIENTS: ice-cream, summer berries ALLERGENS: MILK
<u>DAY 11</u> APR - 15 th , 30 th MAY - 15 th , 30 th JUN - 14 th JULY - 1 st , 16 th , 31 st AUG - 15 th , 30 th SEP - 16 th	Potato Cake, Cucumber & Red Grape ALLERGENS: WHEAT	<u>Sausages in Onions Gravy served with Baby Potatoes & Corn</u> INGREDIENTS: sausages, onion, gravy, potatoes, cabbage, baby corn ALLERGENS: WHEAT, SULPHITE <i>(may contain - celery, egg, milk, mustard, soya)</i>	Rice Pudding with Sultanas INGREDIENTS: rice pudding, sultanas, nutmeg ALLERGENS: MILK	Rice Cake, Strawberry & Mange Tout ALLERGENS: NONE <i>(may - soya)</i>	<u>Baked Beans on Toast</u> INGREDIENTS: wholemeal bread, dairy free spread, baked beans ALLERGENS: WHEAT	Fruit Cocktail INGREDIENTS: peach, pear, pineapple, grapes, cherries ALLERGENS: NONE

