

Green Roots Nursery Sample Summer Menu

ALLERGEN KEY

(G) Gluten (S) Soya
(M) Milk (F) Fish
(E) Egg (SE) Sesame

Please note that when we put together our menus we take into consideration all 14 allergens.

MEAL	MENU	DAY 1	DAY 2
Breakfast Only served to children who have 'Early Start' sessions	Standard	Wheat Bisks (G) with Milk (M) and Kiwi Fruit Wholemeal Toast (G) and Spread (M)	Berries and Yoghurt (M) with Toasted Oats (G) and Cornflakes (G)
	Free From	Nutri-Brex with Coconut Milk and Kiwi Fruit Free From Bread and Free From Spread	Berries and Free From Yoghurt with Free From Oats and Free From Cornflakes
	Vegetarian	Wheat Bisks (G) with Milk (M) and Kiwi Fruit Wholemeal Toast (G) and Spread (M)	Berries and Yoghurt (M) with Toasted Oats (G) and Cornflakes (G)
	Vegan	Wheat Bisks (G) with Soya Milk (S) and Kiwi Fruit Wholemeal Toast (G) and Free From Spread	Berries and Free From Yoghurt with Toasted Oats (G) and Cornflakes (G)
Snack	Standard	Breadsticks (G) and Mixed Vegetable Sticks	Toasted Crumpet (G), Spread (M) and Strawberries
	Free From	Free From Breadsticks and Mixed Vegetable Sticks	Free From Bread, Free From Spread and Strawberries
	Vegetarian	Breadsticks (G) and Mixed Vegetable Sticks	Toasted Crumpet (G), Spread (M) and Strawberries
	Vegan	Breadsticks (G) and and Mixed Vegetable Sticks	Toasted Crumpet (G), Free From Spread and Strawberries
Lunch	Standard	Thai Chicken Curry with White Rice	Lamb Moussaka (G,M) with Garlic Bread (G,M) and Mixed Salad
	Free From	Thai Chicken Curry with White Rice	Lentil Bolognese with Free From Garlic Bread and Mixed Salad
	Vegetarian	Thai Tofu Curry (S) with White Rice	Lentil Bolognese with Free From Garlic Bread and Mixed Salad
	Vegan	Thai Tofu Curry (S) with White Rice	Lentil Bolognese with Free From Garlic Bread and Mixed Salad
Dessert	Standard	Seasonal Fruit Salad	Rhubarb Fool (M)
	Free From	Seasonal Fruit Salad	Free From Yoghurt
	Vegetarian	Seasonal Fruit Salad	Rhubarb Fool (M)
	Vegan	Seasonal Fruit Salad	Free From Yoghurt
Snack	Standard	Cheese (M) and Sliced Tomatoes	Pineapple Slices
	Free From	Free From Cheese and Sliced Tomatoes	Pineapple Slices
	Vegetarian	Cheese (M) and Sliced Tomatoes	Pineapple Slices
	Vegan	Free From Cheese and Sliced Tomatoes	Pineapple Slices
Tea	Standard	Bean and Tomato Gnocchi (G) Bake with Bread (G) and Spread (M)	Tuna Fishcakes (F) with Tomato Relish
	Free From	Bean and Tomato Free From Pasta with Free From Bread and Free From Spread	Tuna Fishcakes (F) with Tomato Relish
	Vegetarian	Bean and Tomato Gnocchi (G) Bake with Bread (G) and Spread (M)	Potato and Lentil Cakes with Tomato Relish
	Vegan	Bean and Tomato Gnocchi (G) Bake with Bread (G) and Free From Spread	Potato and Lentil Cakes with Tomato Relish
Dessert	Standard	Rice Pudding (M) and Raisins	Fruit Yoghurt (M)
	Free From	Free From Rice Pudding	Free From Yoghurt
	Vegetarian	Rice Pudding (M) and Raisins	Fruit Yoghurt (M)
	Vegan	Free From Rice Pudding and Raisins	Free From Yoghurt

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MEAL	MENU	DAY 3	DAY 4
Breakfast Only served to children who have 'Early Start' sessions	Standard	Crisped Rice Cereal (G) with Milk (M) and Sliced Banana Crumpet (G) with Spread (M)	Cornflakes (G) and Milk (M) Half a Toasted Teacake (G) with Spread (M) and Melon
	Free From	Free From Crisped Rice Cereal with Coconut Milk and Sliced Banana Free From Bread and Free From Spread	Free From Cornflakes and Coconut Milk Free From Bread with Free From Spread and Melon
	Vegetarian	Crisped Rice Cereal (G) with Milk (M) and Sliced Banana Crumpet (G) with Spread (M)	Cornflakes (G) and Milk (M) Half a Toasted Teacake (G) with Spread (M) and Melon
	Vegan	Crisped Rice Cereal (G) with Soya Milk (S) and Sliced Banana Crumpet (G) with Free From Spread	Cornflakes (G) and Soya Milk (S) Half a Toasted Teacake (G) with Free From Spread and Melon
Snack	Standard	Yoghurt (M) and Sliced Grapes	Wholemeal Toast (G) with Spread (M) and Mangetout
	Free From	Free From Yoghurt and Sliced Grapes	Free From Bread with Free From Spread and Mangetout
	Vegetarian	Yoghurt (M) and Sliced Grapes	Wholemeal Toast (G) with Spread (M) and Mangetout
	Vegan	Free From Yoghurt and Sliced Grapes	Wholemeal Toast (G) with Free From Spread and Mangetout
Lunch	Standard	Pork Ragu with New Potatoes, Broad Beans and Courgettes	Salmon (F) and Pea Risotto
	Free From	Pork Ragu with New Potatoes, Broad Beans and Courgettes	Salmon (F) and Pea Risotto
	Vegetarian	Soya and Apple Ragu (S,G) with New Potatoes, Broad Beans and Courgettes	Bean and Pea Risotto (S)
	Vegan	Soya and Apple Ragu (S,G) with New Potatoes, Broad Beans and Courgettes	Bean and Pea Risotto (S)
Dessert	Standard	Pineapple Upside Down Pudding (G,E,M) with Custard (E,M)	Blueberry Sponge Cake (G,M,E)
	Free From	Free From Pineapple Upside Down Pudding with Free From Custard	Free From Blueberry Sponge Cake
	Vegetarian	Pineapple Upside Down Pudding (G,E,M) with Custard (E,M)	Blueberry Sponge Cake (G,M,E)
	Vegan	Free From Pineapple Upside Down Pudding with Free From Custard	Free From Blueberry Sponge Cake
Snack	Standard	Mashed Avocado and Pitta Bread (G)	Mixed Chopped Seasonal Fruit
	Free From	Mashed Avocado and Free From Pitta Bread	Mixed Chopped Seasonal Fruit
	Vegetarian	Mashed Avocado and Pitta Bread (G)	Mixed Chopped Seasonal Fruit
	Vegan	Mashed Avocado and Pitta Bread (G)	Mixed Chopped Seasonal Fruit
Tea	Standard	Pasta (G) with Beans and Peas	Wholemeal English Muffin (G) Pizza with Various Toppings (M)
	Free From	Free From Pasta with Beans and Peas	Free From Pizza with Various Toppings
	Vegetarian	Pasta (G) with Beans and Peas	Wholemeal English Muffin (G) Pizza with Various Toppings (M)
	Vegan	Pasta (G) with Beans and Peas	Free From Pizza with Various Toppings
Dessert	Standard	Seasonal Fruit Kebabs	Plain Greek Yoghurt (M) with Strawberries and Blackcurrants
	Free From	Seasonal Fruit Kebabs	Free From Yoghurt with Strawberries and Blackcurrants
	Vegetarian	Seasonal Fruit Kebabs	Plain Greek Yoghurt (M) with Strawberries and Blackcurrants
	Vegan	Seasonal Fruit Kebabs	Free From Yoghurt with Strawberries and Blackcurrants

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MEAL	MENU	DAY 5	DAY 6
Breakfast Only served to children who have 'Early Start' sessions	Standard	Toasted English Muffin (G) with Spread (M) and Poached Egg (E)	Crisped Rice Cereal (G) with Milk (M) and Grapes Wholemeal Toast (G) and Spread (M)
	Free From	Free From Bread with Free From Spread and Avocado	Free From Crisped Rice Cereal with Coconut Milk Free From Bread and Free From Spread
	Vegetarian	Toasted English Muffin (G) with Spread (M) and Poached Egg (E)	Crisped Rice Cereal (G) with Milk (M) and Grapes Wholemeal Toast (G) and Spread (M)
	Vegan	Toasted English Muffin (G) with Free From Spread and Avocado	Crisped Rice Cereal (G) with Soya Milk (S) Wholemeal Toast (G) and Free From Spread
Snack	Standard	Banana Slices	Beanie Dip and Breadsticks (G)
	Free From	Banana Slices	Beanie Dip and Free From Breadsticks
	Vegetarian	Banana Slices	Beanie Dip and Breadsticks (G)
	Vegan	Banana Slices	Beanie Dip and Breadsticks (G)
Lunch	Standard	Bean and Veggie Sausage Wholemeal Pasta (G) Bake	BBQ Chicken with New Potatoes and Roast Vegetables
	Free From	Bean and Veggie Sausage Free From Pasta Bake	BBQ Chicken with New Potatoes and Roast Vegetables
	Vegetarian	Bean and Veggie Sausage Wholemeal Pasta (G) Bake	BBQ Tofu with New Potatoes and Roast Vegetables
	Vegan	Bean and Veggie Sausage Wholemeal Pasta (G) Bake	BBQ Tofu with New Potatoes and Roast Vegetables
Dessert	Standard	Plain Greek Yoghurt (M) with Raspberry Puree	Lemon and Sultana Cake (G,M,E)
	Free From	Free From Yogurt with Raspberry Puree	Free From Lemon and Sultana Cake
	Vegetarian	Plain Greek Yoghurt (M) with Raspberry Puree	Lemon and Sultana Cake (G,M,E)
	Vegan	Free From Yogurt with Raspberry Puree	Free From Lemon and Sultana Cake
Snack	Standard	Cucumber and Carrots Sticks with Crackers (G) and Cream Cheese (M)	Nectarine Slices
	Free From	Cucumber and Carrots Sticks with Free From Crackers and Free From Cream Cheese	Nectarine Slices
	Vegetarian	Cucumber and Carrots Sticks with Crackers (G) and Cream Cheese (M)	Nectarine Slices
	Vegan	Cucumber and Carrots Sticks with Crackers (G) and Free From Cream Cheese	Nectarine Slices
Tea	Standard	Bean and Vegetable Enchiladas (G,M)	Couscous (G,M) and Chickpea Salad
	Free From	Bean and Vegetable Free From Tortillas with Free From Cheese	Quinoa and Chickpea Salad
	Vegetarian	Bean and Vegetable Enchiladas (G,M)	Couscous (G,M) and Chickpea Salad
	Vegan	Bean and Vegetable Enchiladas (G) with Free From Cheese	Quinoa and Chickpea Salad
Dessert	Standard	Pineapple Slices	Strawberry Frozen Yoghurt (M)
	Free From	Pineapple Slices	Free From Yoghurt
	Vegetarian	Pineapple Slices	Strawberry Frozen Yoghurt (M)
	Vegan	Pineapple Slices	Free From Yoghurt

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MEAL	MENU	DAY 7	DAY 8
Breakfast Only served to children who have 'Early Start' sessions	Standard	Berries and Yoghurt (M) with Toasted Oats (G) and Cornflakes (G)	Wheat Bisks (G) with Milk (M) and Kiwi Fruit Wholemeal Toast (G) and Spread (M)
	Free From	Berries and Free From Yoghurt with Free From Toasted Oats and Free From Cornflakes	Nutri-Brex with Coconut Milk and Kiwi Fruit Free From Bread and Free From Spread
	Vegetarian	Berries and Yoghurt (M) with Toasted Oats (G) and Cornflakes (G)	Wheat Bisks (G) with Milk (M) and Kiwi Fruit Wholemeal Toast (G) and Spread (M)
	Vegan	Berries and Free From Yoghurt with Toasted Oats (G) and Cornflakes (G)	Wheat Bisks (G) with Soya Milk (S) Wholemeal Toast (G) and Free From Spread
Snack	Standard	Pepper Sticks and Tomato Slices	Breadsticks (G) and Mixed Vegetable Sticks
	Free From	Pepper Sticks and Tomato Slices	Free From Breadsticks and Mixed Vegetable Sticks
	Vegetarian	Pepper Sticks and Tomato Slices	Breadsticks (G) and Mixed Vegetable Sticks
	Vegan	Pepper Sticks and Tomato Slices	Breadsticks (G) and Mixed Vegetable Sticks
Lunch	Standard	Beef and Spinach Curry with White Rice and Naan Bread (G)	Steamed Cod (F) in a Tomato and Pepper Sauce, Couscous (G) and Green Beans
	Free From	Beef and Spinach Curry with White Rice and Free From Naan Bread	Steamed Cod (F) in a Tomato and Pepper Sauce, Quinoa and Green Beans
	Vegetarian	Chickpea and Spinach Curry with White Rice and Naan Bread (G)	Tofu (S) in a Tomato and Pepper Sauce, Couscous (G) and Green Beans
	Vegan	Chickpea and Spinach Curry with White Rice and Free From Naan Bread	Tofu (S) in a Tomato and Pepper Sauce, Couscous (G) and Green Beans
Dessert	Standard	Seasonal Fruit Salad	Rice Pudding (M) and Raspberries
	Free From	Seasonal Fruit Salad	Free From Rice Pudding and Raspberries
	Vegetarian	Seasonal Fruit Salad	Rice Pudding (M) and Raspberries
	Vegan	Seasonal Fruit Salad	Free From Rice Pudding and Raspberries
Snack	Standard	Oatcakes (G) and Cream Cheese (M)	Cucumber and Carrot Sticks
	Free From	Free From Oatcakes and Free From Cream Cheese	Cucumber and Carrot Sticks
	Vegetarian	Oatcakes (G) and Cream Cheese (M)	Cucumber and Carrot Sticks
	Vegan	Oatcakes (G) and Free From Cream Cheese	Cucumber and Carrot Sticks
Tea	Standard	Tuna Pâté (F,M) on White Toast (G) with Grilled Tomatoes	Billy Can Beans (G) with Wholemeal Pasta (G)
	Free From	Free From Bread with Grilled Tomatoes	Free From Sausage with Free From Pasta
	Vegetarian	Pinto Bean Spread (SE) on White Toast (G) with Grilled Tomatoes	Billy Can Beans (G) with Wholemeal Pasta (G)
	Vegan	Pinto Bean Spread (SE) on White Toast (G) with Grilled Tomatoes	Vegan Meatballs (S,G) with Wholemeal Pasta (G)
Dessert	Standard	Apple Slices and Dates	Semolina (G,M) and Nectarine Compote
	Free From	Apple Slices and Dates	Free From Muffin
	Vegetarian	Apple Slices and Dates	Semolina (G,M) and Nectarine Compote
	Vegan	Apple Slices and Dates	Free From Muffin

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MEAL	MENU	DAY 9	DAY 10
Breakfast Only served to children who have 'Early Start' sessions	Standard	Crisped Rice Cereal (G) with Milk (M) and Sliced Banana Crumpet (G) with Spread (M)	Cornflakes (G) and Milk (M) Half a Toasted Teacake (G) with Spread (M) and Melon
	Free From	Free From Crisped Rice Cereal with Coconut Milk and Sliced Banana Free From Bread with Free From Spread	Free From Cornflakes and Coconut Milk Free From Bread with Free From Spread and Melon
	Vegetarian	Crisped Rice Cereal (G) with Milk (M) and Sliced Banana Crumpet (G) with Spread (M)	Cornflakes (G) and Milk (M) Half a Toasted Teacake (G) with Spread (M) and Melon
	Vegan	Crisped Rice Cereal (G) with Soya Milk (S) and Sliced Banana Crumpet (G) with Free From Spread	Cornflakes (G) and Soya Milk (S) Half a Toasted Teacake (G) with Free From Spread and Melon
Snack	Standard	Banana Slices	Wholemeal Toast (G) with Spread (M) and Kiwi Fruit Quarters
	Free From	Banana Slices	Free From Bread with Free From Spread and Kiwi Fruit Quarters
	Vegetarian	Banana Slices	Wholemeal Toast (G) with Spread (M) and Kiwi Fruit Quarters
	Vegan	Banana Slices	Wholemeal Toast (G) with Free From Spread and Kiwi Fruit Quarters
Lunch	Standard	Vegetable and Red Lentil Dhansak with Brown Rice	Turkey Meatballs with Pasta (G)
	Free From	Vegetable and Red Lentil Dhansak with Brown Rice	Turkey Meatballs with Free From Pasta
	Vegetarian	Vegetable and Red Lentil Dhansak with Brown Rice	Vegan Meatballs (S,G) with Pasta (G)
	Vegan	Vegetable and Red Lentil Dhansak with Brown Rice	Vegan Meatballs (S,G) with Pasta (G)
Dessert	Standard	Fruit, Jelly and Ice Cream (M,E)	Peach Fool Ripple (M)
	Free From	Fruit, Jelly and Free From Ice Cream	Peach Slices
	Vegetarian	Fruit, Jelly and Ice Cream (M,E)	Peach Fool Ripple (M)
	Vegan	Vegetarian Fruit Jelly and Free From Ice Cream	Peach Slices
Snack	Standard	Crackers (G), Tzatziki (M) and Tomato Slices	Melon and Blueberries
	Free From	Free From Crackers, Free From Cream Cheese and Tomato Slices	Melon and Blueberries
	Vegetarian	Crackers (G), Tzatziki (M) and Tomato Slices	Melon and Blueberries
	Vegan	Crackers (G), Free From Cream Cheese and Tomato Slices	Melon and Blueberries
Tea	Standard	Lemon Chicken Wrap (G,M) with Lettuce and Cucumber	Pea and Asparagus Frittata (E) with New Potato Salad
	Free From	Lemon Chicken in a Free From Wrap, with Free From Cream Cheese and Lettuce and Cucumber	Risotto
	Vegetarian	Lemon Soya Wrap (S) with Free From Cream Cheese and Lettuce and Cucumber	Pea and Asparagus Frittata (E) with New Potato Salad
	Vegan	Lemon Soya Wrap (S) with Free From Cream Cheese and Lettuce and Cucumber	Risotto
Dessert	Standard	Grapes and Melon	Banana Slices
	Free From	Grapes and Melon	Banana Slices
	Vegetarian	Grapes and Melon	Banana Slices
	Vegan	Grapes and Melon	Banana Slices

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MEAL	MENU	DAY 11
Breakfast Only served to children who have 'Early Start' sessions	Standard	Toasted English Muffin (G) with Spread (M), Egg (E) and Mushrooms
	Free From	Free From Bread with Free From Spread and Mushrooms
	Vegetarian	Toasted English Muffin (G) with Spread (M), Egg (E) and Mushrooms
	Vegan	Toasted English Muffin (G) with Free From Spread and Mushrooms
Snack	Standard	Bagel (G) and Cream Cheese (M)
	Free From	Free From Bagel and Free From Cream Cheese
	Vegetarian	Bagel (G) and Cream Cheese (M)
	Vegan	Bagel (G) and Free From Cream Cheese
Lunch	Standard	Gammon with Parsley Sauce (G,M), New Potatoes and Green Beans
	Free From	Gammon with Free From Parsley Sauce, New Potatoes and Green Beans
	Vegetarian	Tofu with Free From Parsley Sauce, New Potatoes and Green Beans
	Vegan	Tofu with Free From Parsley Sauce, New Potatoes and Green Beans
Dessert	Standard	Seasonal Fruit Platter
	Free From	Seasonal Fruit Platter
	Vegetarian	Seasonal Fruit Platter
	Vegan	Seasonal Fruit Platter
Snack	Standard	Pitta Bread (G) and Tuna Dip (F,M,E)
	Free From	Free From Pitta Bread and Lentil Dip
	Vegetarian	Pitta Bread (G) and Lentil Dip
	Vegan	Pitta Bread (G) and Lentil Dip
Tea	Standard	Salmon (F) and Broccoli Pasta (G,M) with Sweetcorn
	Free From	Salmon (F) and Broccoli Free From Pasta with Sweetcorn
	Vegetarian	Lentil and Broccoli Pasta (G) with Sweetcorn
	Vegan	Lentil and Broccoli Pasta (G) with Sweetcorn
Dessert	Standard	Apple Slices and Raisins
	Free From	Apple Slices and Raisins
	Vegetarian	Apple Slices and Raisins
	Vegan	Apple Slices and Raisins

Green Roots Nursery Sample Winter Menu

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MEAL	MENU	DAY 1	DAY 2
Breakfast Only served to children who have 'Early Start' sessions	Standard	Wheat Bisks (G) with Yoghurt (M) and Dried Apricots White Toast (G) and Spread (M)	Cornflakes (G) and Milk (M) Wholemeal Toast (G) with Spread (M), Tomatoes and Mushrooms
	Free From	Nutri-Brex with Coconut Milk and Dried Apricots Free From Bread and Free From Spread	Free From Cornflakes and Coconut Milk Free From Bread with Spread, Tomatoes and Mushrooms
	Vegetarian	Wheat Bisks (G) with Yoghurt (M) and Dried Apricots White Toast (G) and Spread (M)	Cornflakes (G) and Milk (M) Wholemeal Toast (G) with Spread (M), Tomatoes and Mushrooms
	Vegan	Wheat Bisks (G) with Soya Milk (S) and Dried Apricots White Toast (G) and Free From Spread	Cornflakes (G) and Soya Milk (S) Wholemeal Toast (G) with Free From Spread, Tomatoes and Mushrooms
Snack	Standard	Toasted English Muffin (G) and Spread (M) with a Clementine	Runner Beans with Bean Dip
	Free From	Free From Bread and Free From Spread with a Clementine	Runner Beans with Bean Dip
	Vegetarian	Toasted English Muffin (G) and Spread (M) with a Clementine	Runner Beans with Bean Dip
	Vegan	Toasted English Muffin (G) and Free From Spread with a Clementine	Runner Beans with Bean Dip
Lunch	Standard	Haddock & Salmon Pie (F) with Red Cabbage and Runner Beans	Lamb Tagine with Vegetable Couscous (G)
	Free From	Haddock & Salmon Pie (F) with Red Cabbage and Runner Beans	Lamb Tagine with Vegetable Quinoa
	Vegetarian	Mixed Bean Pie with Red Cabbage and Runner Beans	Squash Tagine with Vegetable Couscous (G)
	Vegan	Mixed Bean Pie with Red Cabbage and Runner Beans	Squash Tagine with Vegetable Couscous (G)
Dessert	Standard	Eve's Pudding and Custard (G,E,M)	Warm Winter Fruit Salad and Vanilla Sauce (E,M)
	Free From	Free From Apple Sponge	Warm Winter Fruit Salad
	Vegetarian	Eve's Pudding and Custard (G,E,M)	Warm Winter Fruit Salad and Vanilla Sauce (E,M)
	Vegan	Free From Apple Sponge	Warm Winter Fruit Salad
Snack	Standard	Tomato Slices and Cheese cut into Sticks (M)	Rice Cakes with Pear
	Free From	Tomato Slices and Free From Cheese cut into Sticks	Rice Cakes with Pear
	Vegetarian	Tomato Slices and Cheese cut into Sticks (M)	Rice Cakes with Pear
	Vegan	Tomato Slices and Free From Cheese cut into Sticks	Rice Cakes with Pear
Tea	Standard	Couscous (G) with Chicken, Beetroot and Mixed Salad	Tuna Mayonnaise (E) with a Jacket Potato and Carrot and Cucumber Sticks
	Free From	Quinoa with Chicken, Beetroot and Mixed Salad	Tuna Jacket Potato and Carrot and Cucumber Sticks
	Vegetarian	Couscous (G) with Beetroot and Mixed Salad	Baked Bean Jacket Potato and Carrot and Cucumber Sticks
	Vegan	Couscous (G) with Beetroot and Mixed Salad	Baked Bean Jacket Potato and Carrot and Cucumber Sticks
Dessert	Standard	Seasonal Fruit Salad	Bananas and Custard (E,M)
	Free From	Seasonal Fruit Salad	Sliced Bananas
	Vegetarian	Seasonal Fruit Salad	Bananas and Custard (E,M)
	Vegan	Seasonal Fruit Salad	Sliced Bananas

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Breakfast Only served to children who have 'Early Start' sessions	Standard	Porridge (G,M) with Raisins Sliced Banana	Malt Wheat Cereal (G) and Milk (M) Crumpet (G) with Spread (M) and Pear
	Free From	Free From Porridge with Raisins Sliced Banana	Free From Nutri-Brex and Coconut Milk Pear
	Vegetarian	Porridge (G,M) with Raisins Sliced Banana	Malt Wheat Cereal (G) and Milk (M) Crumpet (G) with Spread (M) and Pear
	Vegan	Porridge (G) with Soya Milk (S) and Raisins	Malt Wheat Cereal (G) and Soya Milk (S) Crumpet (G) with Free From Spread and Pear
Snack	Standard	Rice Cakes with Beetroot Dip	Banana
	Free From	Rice Cakes with Beetroot Dip	Banana
	Vegetarian	Rice Cakes with Beetroot Dip	Banana
	Vegan	Rice Cakes with Beetroot Dip	Banana
Lunch	Standard	Pork Meatballs with Spaghetti (G), Peas and Carrots	Chickpea and Vegetable Biryani
	Free From	Pork Meatballs with Free From Pasta, Peas and Carrots	Chickpea and Vegetable Biryani
	Vegetarian	Vegan Meatballs with Spaghetti (G), Peas and Carrots	Chickpea and Vegetable Biryani
	Vegan	Vegan Meatballs with Spaghetti (G), Peas and Carrots	Chickpea and Vegetable Biryani
Dessert	Standard	Seasonal Fruit Salad	Mandarin Jelly
	Free From	Seasonal Fruit Salad	Mandarin Jelly
	Vegetarian	Seasonal Fruit Salad	Mandarin Jelly
	Vegan	Seasonal Fruit Salad	Vegan Orange Jelly
Snack	Standard	Oatcake (G) and Satsuma	Baby Corn, Crackers (G) and Spread (M)
	Free From	Free From Oatcake and Satsuma	Baby Corn, Rice Cakes and Free From Spread
	Vegetarian	Oatcake (G) and Satsuma	Baby Corn, Crackers (G) and Spread (M)
	Vegan	Oatcake (G) and Satsuma	Baby Corn, Crackers (G) and Free From Spread
Tea	Standard	Sweet Potato and Lentil Soup with Wholemeal Bread (G) and Spread (M)	Pea, Ham and Mushroom Pasta (G,M) Bake
	Free From	Sweet Potato and Lentil Soup with Free From Bread and Free From Spread	Pea, Ham and Mushroom Free From Pasta Bake
	Vegetarian	Sweet Potato and Lentil Soup with Wholemeal Bread (G) and Spread (M)	Pea, Veggie Mince and Mushroom Pasta (G) Bake
	Vegan	Sweet Potato and Lentil Soup with Wholemeal Bread (G) and Free From Spread	Pea, Veggie Mince and Mushroom Pasta (G) Bake
Dessert	Standard	Yoghurt and Blackberry Compote (M)	Rice Pudding (M) and Apricots
	Free From	Free From Yoghurt and Blackberry Compote	Free From Rice Pudding and Apricots
	Vegetarian	Yoghurt and Blackberry Compote (M)	Rice Pudding (M) and Apricots
	Vegan	Free From Yoghurt and Blackberry Compote	Free From Rice Pudding and Apricots

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MEAL	MENU	DAY 5	DAY 6
Breakfast Only served to children who have 'Early Start' sessions	Standard	Crisped Rice Cereal (G) and Milk (M) with Satsumas Fruit Toast (G) and Spread (M)	Plain Bagel (G) quarter with Spread (M) and Chopped Plum
	Free From	Free From Rice Cereal and Coconut Milk and Satsumas Free From Bread with Free From Spread	Free From Bagel quarter with Free From Spread and Chopped Plum
	Vegetarian	Crisped Rice Cereal (G) and Milk (M) with Satsumas Fruit Toast (G) and Spread (M)	Plain Bagel (G) quarter with Spread (M) and Chopped Plum
	Vegan	Crisped Rice Cereal (G) and Soya Milk (S) Fruit Toast (G) and Free From Spread	Plain Bagel (G) quarter with Free From Spread and Chopped Plum
Snack	Standard	Toasted Pitta Bread (G) with Mashed Avocado	Carrot and Pepper Sticks
	Free From	Free from Pitta Bread with Mashed Avocado	Carrot and Pepper Sticks
	Vegetarian	Toasted Pitta Bread (G) with Mashed Avocado	Carrot and Pepper Sticks
	Vegan	Toasted Pitta Bread (G) with Mashed Avocado	Carrot and Pepper Sticks
Lunch	Standard	Roast Chicken with Roast Potatoes, Root Vegetables and Gravy	Lamb Goulash with Brown Rice and Green Beans
	Free From	Roast Chicken with Roast Potatoes, Root Vegetables and Gravy	Lamb Goulash with Brown Rice and Green Beans
	Vegetarian	Quorn Fillet with Roast Potatoes, Root Vegetables and Gravy	Bean Goulash with Brown Rice and Green Beans
	Vegan	Quorn Fillet with Roast Potatoes, Root Vegetables and Gravy	Bean Goulash with Brown Rice and Green Beans
Dessert	Standard	Yoghurt (M) and Dates	Shortbread (G,M) and Satsuma Segments
	Free From	Free From Yoghurt and Dates	Rice Cake and Satsuma Segments
	Vegetarian	Yoghurt (M) and Dates	Shortbread (G,M) and Satsuma Segments
	Vegan	Free From Yoghurt and Dates	Rice Cake and Satsuma Segments
Snack	Standard	Carrot, Pepper Sticks and Houmous	Banana on Toast (G) with Spread (M)
	Free From	Carrot, Pepper Sticks and Houmous	Banana on Free From Toast with Free From Spread
	Vegetarian	Carrot, Pepper Sticks and Houmous	Banana on Toast (G) with Spread (M)
	Vegan	Carrot, Pepper Sticks and Houmous	Banana on Toast (G) with Free From Spread
Tea	Standard	Mexican Bean and Cheese (M) Wraps (G) with Red Pepper	Wholemeal Macaroni (G) Cheese (M) with Peas
	Free From	Mexican Bean Free From Wraps with Red Pepper	Free From Pasta with Tomato Sauce and Peas
	Vegetarian	Mexican Bean and Cheese (M) Wraps (G) with Red Pepper	Wholemeal Macaroni (G) Cheese (M) with Peas
	Vegan	Mexican Bean Wraps (G) with Red Pepper	Wholemeal Pasta (G) with Tomato Sauce and Peas
Dessert	Standard	Apples, Pears and Plums	Warm Fruit Salad and Yoghurt (M)
	Free From	Apples, Pears and Plums	Warm Fruit Salad and Free From Yoghurt
	Vegetarian	Apples, Pears and Plums	Warm Fruit Salad and Yoghurt (M)
	Vegan	Apples, Pears and Plums	Warm Fruit Salad and Free From Yoghurt

ALLERGEN KEY

(G) Gluten (S) Soya Please note that when we put together our menus we take into consideration all 14 allergens.
 (M) Milk (F) Fish
 (E) Egg (SE) Sesame

MEAL	MENU	DAY 7	DAY 8
Breakfast Only served to children who have 'Early Start' sessions	Standard	Malt Wheats (G) and Milk (M) with Banana Wholemeal Toast (G) and Spread (M)	Egg (E) and Mushroom Cups, Wholemeal Toast (G), Spread (M) and Tomatoes Pear Slices
	Free From	Free From Nutri-Brex and Coconut Milk with Banana Free From Toast and Free From Spread	Mushrooms with Free From Toast, Free From Spread and Tomatoes Pear Slices
	Vegetarian	Malt Wheats (G) and Milk (M) with Banana Wholemeal Toast (G) and Spread (M)	Egg (E) and Mushroom Cups, Wholemeal Toast (G), Spread (M) and Tomatoes Pear Slices
	Vegan	Malt Wheats (G) and Soya Milk (S) with Banana Wholemeal Toast (G) and Free From Spread	Mushrooms with Wholemeal Toast (G), Free From Spread and Tomatoes Pear Slices
Snack	Standard	Rice Cakes with Cream Cheese (M)	Crackers (G) with Spread (M) and Sliced Grapes
	Free From	Rice Cakes with Free From Cream Cheese	Free From Crackers with Free From Spread and Sliced Grapes
	Vegetarian	Rice Cakes with Cream Cheese (M)	Crackers (G) with Spread (M) and Sliced Grapes
	Vegan	Rice Cakes with Free From Cream Cheese	Crackers (G) with Free From Spread and Sliced Grapes
Lunch	Standard	Creamy (M) Chicken and Leek Hotpot with Broccoli	Beef Lasagne (G,M,E) with Garlic Bread (G,M) and Peas
	Free From	Chicken and Leek Hotpot with Broccoli	Beef Ragù with Free From Garlic Bread and Peas
	Vegetarian	Quorn and Leek Hotpot with Broccoli	Tomato and Lentil Ragù with Pasta, Free From Garlic Bread and Peas
	Vegan	Quorn and Leek Hotpot with Broccoli	Tomato and Lentil Ragù with Pasta, Free From Garlic Bread and Peas
Dessert	Standard	Baked Apple with Cinnamon	Semolina (G,M) with Raisins
	Free From	Baked Apple with Cinnamon	Free From Yoghurt with Raisins
	Vegetarian	Baked Apple with Cinnamon	Semolina (G,M) with Raisins
	Vegan	Baked Apple with Cinnamon	Free From Yoghurt with Raisins
Snack	Standard	Yoghurt (M) and Pear	Cheese (M) Sticks and Tomatoes
	Free From	Free From Yoghurt and Pear	Free From Cheese Sticks and Tomatoes
	Vegetarian	Yoghurt (M) and Pear	Cheese (M) Sticks and Tomatoes
	Vegan	Free From Yoghurt and Pear	Free From Cheese Sticks and Tomatoes
Tea	Standard	Squash and Lentil Soup with Wholemeal Bread (G) and Spread (M)	Salmon (F), Vegetable Rice Salad
	Free From	Free From Bread and Free From Spread	Salmon (F), Vegetable Rice Salad
	Vegetarian	Squash and Lentil Soup with Wholemeal Bread (G) and Spread (M)	Chickpea, Vegetable Rice Salad
	Vegan	Squash and Lentil Soup with Wholemeal Bread (G) and Free From Spread	Chickpea, Vegetable Rice Salad
Dessert	Standard	Peaches and Custard (E,M)	Seasonal Fruit Salad
	Free From	Peaches	Seasonal Fruit Salad
	Vegetarian	Peaches and Custard (E,M)	Seasonal Fruit Salad
	Vegan	Peaches and Soya (S) Custard	Seasonal Fruit Salad

ALLERGEN KEY

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 (M) Milk (F) Fish
 (E) Egg (SE) Sesame

MEAL	MENU	DAY 9	DAY 10
Breakfast Only served to children who have 'Early Start' sessions	Standard	Cornflakes (G) with Milk (M) and Raisins Half a Crumpet (G) and Spread	Wheat Bisks (G) with Milk (M) Half a Toasted Teacake (G) and Spread (M) with Apple
	Free From	Free From Cornflakes with Coconut Milk Free From Toast and Free From Spread	Nutri-Brex with Coconut Milk Free From Bread and Free From Spread with Apple
	Vegetarian	Cornflakes (G) with Milk (M) and Raisins Half a Crumpet (G) and Spread	Wheat Bisks (G) with Milk (M) Half a Toasted Teacake (G) and Spread (M) with Apple
	Vegan	Cornflakes (G) with Soya Milk (S) and Raisins Half a Crumpet (G) and Free From Spread	Wheat Bisks (G) with Soya Milk (S) Half a Toasted Teacake (G) and Free From Spread with Apple
Snack	Standard	Wholemeal Pitta Bread (G) Fingers with Mint Raita (M) and Cucumber Sticks	Plum and Satsuma
	Free From	Free From Pitta Bread Fingers with Free From Mint Yoghurt and Cucumber Sticks	Plum and Satsuma
	Vegetarian	Wholemeal Pitta Bread (G) Fingers with Mint Raita (M) and Cucumber Sticks	Plum and Satsuma
	Vegan	Wholemeal Pitta Bread (G) Fingers with Free From Mint Yoghurt and Cucumber Sticks	Plum and Satsuma
Lunch	Standard	Cod (F) and Pea Fishcakes with Potato Wedges and Spinach	Sweet and Sour Tofu with Noodles (G)
	Free From	Mint and Pea Potato Cakes with Potato Wedges and Spinach	Sweet and Sour Tofu with Rice
	Vegetarian	Mint and Pea Potato Cakes with Potato Wedges and Spinach	Sweet and Sour Tofu with Noodles (G)
	Vegan	Mint and Pea Potato Cakes with Potato Wedges and Spinach	Sweet and Sour Tofu with Rice
Dessert	Standard	Seasonal Fruit Salad and Yoghurt	Banana and Cinnamon Rice Pudding (M)
	Free From	Seasonal Fruit Salad and Free From Yoghurt	Banana and Cinnamon Coconut Milk Rice Pudding
	Vegetarian	Seasonal Fruit Salad and Yoghurt	Banana and Cinnamon Rice Pudding (M)
	Vegan	Seasonal Fruit Salad and Free From Yoghurt	Banana and Cinnamon Coconut Milk Rice Pudding
Snack	Standard	Pineapple	Toasted English Muffin (G) with Spread (M) and Carrot Sticks
	Free From	Pineapple	Free From Bread with Free From Spread and Carrot Sticks
	Vegetarian	Pineapple	Toasted English Muffin (G) with Spread (M) and Carrot Sticks
	Vegan	Pineapple	Toasted English Muffin (G) with Free From Spread and Carrot Sticks
Tea	Standard	Chicken Fajitas (G)	Mixed Bean Chilli and Jacket Potato
	Free From	Chicken Fajitas in Free From Wraps	Mixed Bean Chilli and Jacket Potato
	Vegetarian	Red Pepper Fajitas (G)	Mixed Bean Chilli and Jacket Potato
	Vegan	Red Pepper Fajitas (G)	Mixed Bean Chilli and Jacket Potato
Dessert	Standard	Autumn Fruit Kebabs	Yoghurt (M) with Date and Apple Puree
	Free From	Autumn Fruit Kebabs	Free From Yoghurt with Date and Apple Puree
	Vegetarian	Autumn Fruit Kebabs	Yoghurt (M) with Date and Apple Puree
	Vegan	Autumn Fruit Kebabs	Free From Yoghurt with Date and Apple Puree

ALLERGEN KEY

- (G) Gluten
- (M) Milk
- (E) Egg
- (S) Soya
- (F) Fish
- (SE) Sesame

Please note that when we put together our menus we take into consideration all 14 allergens.

MEAL MENU DAY 11

Breakfast Only served to children who have 'Early Start' sessions	Standard	Porridge (G) with Stewed Apples and Dates
	Free From	Free From Porridge with Stewed Apples and Dates
	Vegetarian	Porridge (G) with Stewed Apples and Dates
	Vegan	Porridge (G) and Soya Milk (S) with Stewed Apple and Dates
Snack	Standard	Plain Yoghurt (M) and Banana Slices
	Free From	Free From Yoghurt and Banana Slices
	Vegetarian	Plain Yoghurt (M) and Banana Slices
	Vegan	Soya Yoghurt (S) and Banana Slices
Lunch	Standard	Pork and Leek Casserole with Mashed Potatoes and Brussels Sprouts
	Free From	Pork and Leek Casserole with Mashed Potatoes and Brussels Sprouts
	Vegetarian	Quorn with Mashed Potatoes and Brussels Sprouts
	Vegan	Quorn with Mashed Potatoes and Brussels Sprouts
Dessert	Standard	Banana Pancakes (G,E,M)
	Free From	Free From Banana Pancakes
	Vegetarian	Banana Pancakes (G,E,M)
	Vegan	Free From Banana Pancakes
Snack	Standard	Pitta Bread (G) and Tzatziki (M) with Pepper Sticks
	Free From	Free From Pitta Bread and Free From Yoghurt with Pepper Sticks
	Vegetarian	Pitta Bread (G) and Tzatziki (M) with Pepper Sticks
	Vegan	Pitta Bread (G) and Soya (S) Yoghurt with Pepper Sticks
Tea	Standard	Parsnip, Butterbean and Apple Soup with a Wholemeal Roll (G) and Spread
	Free From	Parsnip, Butterbean and Apple Soup with Free From Bread and Free From Spread
	Vegetarian	Parsnip, Butterbean and Apple Soup with a Wholemeal Roll (G) and Spread
	Vegan	Parsnip, Butterbean and Apple Soup with a Wholemeal Roll (G) and Free From Spread
Dessert	Standard	Poached Pears with Greek Yoghurt (M)
	Free From	Poached Pears with Free From Yoghurt
	Vegetarian	Poached Pears with Greek Yoghurt (M)
	Vegan	Poached Pears with Soya Yoghurt (S)