

# Green Roots Summer Menu

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

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

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

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MEAL	MENU	DAY 7	DAY 8
<b>Breakfast</b> Only served to children who have 'Early Start' sessions	<b>Standard</b>	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)
	<b>Free From</b>	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
	<b>Vegetarian</b>	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)
	<b>Vegan</b>	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
<b>Snack</b>	<b>Standard</b>	Pepper Sticks and Tomato Slices	Breadsticks (G) and Mixed Vegetable Sticks
	<b>Free From</b>	Pepper Sticks and Tomato Slices	Free From Breadsticks and Mixed Vegetable Sticks
	<b>Vegetarian</b>	Pepper Sticks and Tomato Slices	Breadsticks (G) and Mixed Vegetable Sticks
	<b>Vegan</b>	Pepper Sticks and Tomato Slices	Breadsticks (G) and Mixed Vegetable Sticks
<b>Lunch</b>	<b>Standard</b>	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
	<b>Free From</b>	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
	<b>Vegetarian</b>	Chickpea and Spinach Curry with White Rice and Naan Bread (G)	Tofu (S) in a Tomato and Pepper Sauce, Couscous (G) and Green Beans
	<b>Vegan</b>	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
<b>Dessert</b>	<b>Standard</b>	Seasonal Fruit Salad	Rice Pudding (M) and Raspberries
	<b>Free From</b>	Seasonal Fruit Salad	Free From Rice Pudding and Raspberries
	<b>Vegetarian</b>	Seasonal Fruit Salad	Rice Pudding (M) and Raspberries
	<b>Vegan</b>	Seasonal Fruit Salad	Free From Rice Pudding and Raspberries
<b>Snack</b>	<b>Standard</b>	Oatcakes (G) and Cream Cheese (M)	Cucumber and Carrot Sticks
	<b>Free From</b>	Free From Oatcakes and Free From Cream Cheese	Cucumber and Carrot Sticks
	<b>Vegetarian</b>	Oatcakes (G) and Cream Cheese (M)	Cucumber and Carrot Sticks
	<b>Vegan</b>	Oatcakes (G) and Free From Cream Cheese	Cucumber and Carrot Sticks
<b>Tea</b>	<b>Standard</b>	Tuna Pâté (F,M) on White Toast (G) with Grilled Tomatoes	Billy Can Beans (G) with Wholemeal Pasta (G)
	<b>Free From</b>	Free From Bread with Grilled Tomatoes	Free From Sausage with Free From Pasta
	<b>Vegetarian</b>	Pinto Bean Spread (SE) on White Toast (G) with Grilled Tomatoes	Billy Can Beans (G) with Wholemeal Pasta (G)
	<b>Vegan</b>	Pinto Bean Spread (SE) on White Toast (G) with Grilled Tomatoes	Vegan Meatballs (S,G) with Wholemeal Pasta (G)
<b>Dessert</b>	<b>Standard</b>	Apple Slices and Dates	Semolina (G,M) and Nectarine Compote
	<b>Free From</b>	Apple Slices and Dates	Free From Muffin
	<b>Vegetarian</b>	Apple Slices and Dates	Semolina (G,M) and Nectarine Compote
	<b>Vegan</b>	Apple Slices and Dates	Free From Muffin

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

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**MEAL MENU DAY 11**

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

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## Winter Menu

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



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 (M) Milk (F) Fish  
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MEAL	MENU	DAY 3	DAY 4
<b>Breakfast</b> Only served to children who have 'Early Start' sessions	<b>Standard</b>	Porridge (G,M) with Raisins Sliced Banana	Malt Wheat Cereal (G) and Milk (M) Crumpet (G) with Spread (M) and Pear
	<b>Free From</b>	Free From Porridge with Raisins Sliced Banana	Free From Nutri-Brex and Coconut Milk Pear
	<b>Vegetarian</b>	Porridge (G,M) with Raisins Sliced Banana	Malt Wheat Cereal (G) and Milk (M) Crumpet (G) with Spread (M) and Pear
	<b>Vegan</b>	Porridge (G) with Soya Milk (S) and Raisins	Malt Wheat Cereal (G) and Soya Milk (S) Crumpet (G) with Free From Spread and Pear
<b>Snack</b>	<b>Standard</b>	Rice Cakes with Beetroot Dip	Banana
	<b>Free From</b>	Rice Cakes with Beetroot Dip	Banana
	<b>Vegetarian</b>	Rice Cakes with Beetroot Dip	Banana
	<b>Vegan</b>	Rice Cakes with Beetroot Dip	Banana
<b>Lunch</b>	<b>Standard</b>	Pork Meatballs with Spaghetti (G), Peas and Carrots	Chickpea and Vegetable Biryani
	<b>Free From</b>	Pork Meatballs with Free From Pasta, Peas and Carrots	Chickpea and Vegetable Biryani
	<b>Vegetarian</b>	Vegan Meatballs with Spaghetti (G), Peas and Carrots	Chickpea and Vegetable Biryani
	<b>Vegan</b>	Vegan Meatballs with Spaghetti (G), Peas and Carrots	Chickpea and Vegetable Biryani
<b>Dessert</b>	<b>Standard</b>	Seasonal Fruit Salad	Mandarin Jelly
	<b>Free From</b>	Seasonal Fruit Salad	Mandarin Jelly
	<b>Vegetarian</b>	Seasonal Fruit Salad	Mandarin Jelly
	<b>Vegan</b>	Seasonal Fruit Salad	Vegan Orange Jelly
<b>Snack</b>	<b>Standard</b>	Oatcake (G) and Satsuma	Baby Corn, Crackers (G) and Spread (M)
	<b>Free From</b>	Free From Oatcake and Satsuma	Baby Corn, Rice Cakes and Free From Spread
	<b>Vegetarian</b>	Oatcake (G) and Satsuma	Baby Corn, Crackers (G) and Spread (M)
	<b>Vegan</b>	Oatcake (G) and Satsuma	Baby Corn, Crackers (G) and Free From Spread
<b>Tea</b>	<b>Standard</b>	Sweet Potato and Lentil Soup with Wholemeal Bread (G) and Spread (M)	Pea, Ham and Mushroom Pasta (G,M) Bake
	<b>Free From</b>	Sweet Potato and Lentil Soup with Free From Bread and Free From Spread	Pea, Ham and Mushroom Free From Pasta Bake
	<b>Vegetarian</b>	Sweet Potato and Lentil Soup with Wholemeal Bread (G) and Spread (M)	Pea, Veggie Mince and Mushroom Pasta (G) Bake
	<b>Vegan</b>	Sweet Potato and Lentil Soup with Wholemeal Bread (G) and Free From Spread	Pea, Veggie Mince and Mushroom Pasta (G) Bake
<b>Dessert</b>	<b>Standard</b>	Yoghurt and Blackberry Compote (M)	Rice Pudding (M) and Apricots
	<b>Free From</b>	Free From Yoghurt and Blackberry Compote	Free From Rice Pudding and Apricots
	<b>Vegetarian</b>	Yoghurt and Blackberry Compote (M)	Rice Pudding (M) and Apricots
	<b>Vegan</b>	Free From Yoghurt and Blackberry Compote	Free From Rice Pudding and Apricots



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

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

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

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**MEAL MENU DAY 11**

<b>Breakfast</b> Only served to children who have 'Early Start' sessions	<b>Standard</b>	Porridge (G) with Stewed Apples and Dates
	<b>Free From</b>	Free From Porridge with Stewed Apples and Dates
	<b>Vegetarian</b>	Porridge (G) with Stewed Apples and Dates
	<b>Vegan</b>	Porridge (G) and Soya Milk (S) with Stewed Apple and Dates
<b>Snack</b>	<b>Standard</b>	Plain Yoghurt (M) and Banana Slices
	<b>Free From</b>	Free From Yoghurt and Banana Slices
	<b>Vegetarian</b>	Plain Yoghurt (M) and Banana Slices
	<b>Vegan</b>	Soya Yoghurt (S) and Banana Slices
<b>Lunch</b>	<b>Standard</b>	Pork and Leek Casserole with Mashed Potatoes and green beans
	<b>Free From</b>	Pork and Leek Casserole with Mashed Potatoes and Brussels Sprouts
	<b>Vegetarian</b>	Quorn with Mashed Potatoes and green beans
	<b>Vegan</b>	Quorn with Mashed Potatoes and green beans
<b>Dessert</b>	<b>Standard</b>	Banana Pancakes (G,E,M)
	<b>Free From</b>	Free From Banana Pancakes
	<b>Vegetarian</b>	Banana Pancakes (G,E,M)
	<b>Vegan</b>	Free From Banana Pancakes
<b>Snack</b>	<b>Standard</b>	Pitta Bread (G) and Tzatziki (M) with Pepper Sticks
	<b>Free From</b>	Free From Pitta Bread and Free From Yoghurt with Pepper Sticks
	<b>Vegetarian</b>	Pitta Bread (G) and Tzatziki (M) with Pepper Sticks
	<b>Vegan</b>	Pitta Bread (G) and Soya (S) Yoghurt with Pepper Sticks
<b>Tea</b>	<b>Standard</b>	Toast fingers <b>(G)</b> with mashed beans and cheese <b>(M)</b> and cooked red pepper sticks
	<b>Free From</b>	Free from toast fingers with mashed beans and free from cheese and cooked red pepper
	<b>Vegetarian</b>	Toast fingers <b>(G)</b> with mashed beans and cheese <b>(M)</b> and cooked red pepper sticks
	<b>Vegan</b>	Free from toast fingers with mashed beans and free from cheese and cooked red pepper
<b>Dessert</b>	<b>Standard</b>	Poached Pears with Greek Yoghurt (M)
	<b>Free From</b>	Poached Pears with Free From Yoghurt
	<b>Vegetarian</b>	Poached Pears with Greek Yoghurt (M)
	<b>Vegan</b>	Poached Pears with Soya Yoghurt (S)