

# Spring Menu

## March, April, May

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Am Snack</b>	Bread sticks with fresh fruit G	Oat cake with fresh fruit	Rice cake with fresh fruit	Buttered cracker with fresh fruit G	Cheese biscuit with fresh fruit G, DA
<b>Main</b>	Pork and apple casserole G	Homemade fish and spinach pie with mix potato topping F, DA, G	Sweet and sour chicken	Homemade beef lasagne G, DA	Homemade macaroni cheese DA, G
<b>Vegetarian option</b>	Vegetable casserole G	Potato, onion and cheese pie DA	Sweet and sour Quorn	Homemade vegetable lasagne G, DA	
<b>Sides</b>	Mini roast potatoes broccoli and red cabbage	Cauliflower florets green beans	Egg fried rice stir fried vegetables E	Mixed salad garlic bread G, DA	Peas and sweetcorn
<b>Dessert</b>	Homemade rice pudding with sultanas DA	Stewed fruit with homemade custard DA	Homemade carrot cake G	Fresh fruit salad in cranberry juice	Fruit crumble with evaporated milk G, DA
<b>Pm Snack</b>	Rice cake with fresh fruit	Fruit loaf and fresh fruit or vegetable sticks G	Marmite cracker with fresh fruit or vegetable sticks G	Breadsticks with fresh fruit or vegetable sticks G	Oat cake with fresh fruit or vegetable sticks
<b>Tea</b>	Tortilla pinwheels Ham & cheese Hummus & red pepper Cream cheese & lettuce G, DA	Various filled sandwiches with vegetable sticks DA, G, E	Homemade tomato and basil soup with crusty bread G	Homemade pinwheel pizzas with vegetable sticks G, DA	Mini ploughman's DA, G, E
<b>Dessert</b>	Peaches with mixed berry sauce	Homemade banana oat bar	Fruit jelly	Natural yogurt with fruit coulis DA	Peaches and ice-cream DA

Where allergens are present it is displayed next to the appropriate meal

Gluten - G, Egg -E, Fish - F, Nuts - N, Peanuts -P, Soya - SY, Dairy - DA, Mustard - MU, Sesame - SE, Shellfish (Crustaceans & Molluscs),  
Lupin - L, Sulphites - SU

