

# Spring Menu

## March, April, May

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Am Snack</b>	Rice cake with fresh fruit	Breadsticks with fresh fruit <b>G</b>	Buttered fruit bread with fresh fruit <b>G, DA</b>	Oat cake with fresh fruit	Melba Toast with fresh fruit <b>G</b>
<b>Main</b>	Cottage pie	Moroccan spiced chickpea and vegetable tagine	Spaghetti with smoked salmon in a crème fraiche sauce <b>G, DA, F</b>	Garlic and herb roast chicken	Fish fingers <b>F, G</b>
<b>Vegetarian option</b>	Vegetarian cottage pie		Herby tomato spaghetti <b>G</b>	Roast Quorn fillet	Vegetable fingers <b>G</b>
<b>Sides</b>	Green beans	Herby cous cous	Sweetcorn	Roast potatoes broccoli, cauliflower & gravy <b>G</b>	Smashed potatoes peas and sweetcorn
<b>Dessert</b>	Rice pudding with apricots <b>DA</b>	Homemade apple crumble with cream <b>G, DA</b>	Peaches and cream <b>DA</b>	Fresh fruit salad	Mango coulis with ice cream <b>DA</b>
<b>Pm Snack</b>	Oat cake with fresh fruit or vegetable sticks	Ginger biscuit with fresh fruit or vegetable sticks <b>G</b>	Rice cake with fresh fruit or vegetable sticks	Multigrain cracker with fresh fruit or vegetable sticks <b>G</b>	Fruit loaf with fresh fruit or vegetable sticks <b>G</b>
<b>Tea</b>	Chicken salad and cheese salad wraps with vegetable sticks <b>G, DA, E</b>	Vegetable pasta salad <b>G</b>	Homemade creamy vegetable soup with bread and butter <b>DA, G</b>	Cheesy baked beans on toast <b>G, DA</b>	Pitta fingers with hummus and vegetable sticks <b>G</b>
<b>Dessert</b>	Fruity yogurt <b>DA</b>	Fresh fruit salad	Beetroot and coco cake <b>G</b>	Very berry jelly	Fresh fruit platter

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

