

# Spring Menu

## March, April, May

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Am Snack</b>	Oat cake with fresh fruit	Cheesy biscuit with fresh fruit <b>G, DA</b>	Buttered cracker with fresh fruit <b>DA, G</b>	Breadsticks with fresh fruit <b>G</b>	Rice cake with fresh fruit
<b>Main</b>	Tuna pasta bake <b>F, DA, G</b>	Savoury Mince <b>G</b>	Butternut squash and chickpea curry	Creamy chicken tagliatelle <b>G, DA</b>	Cheesy cauliflower and broccoli bake <b>DA, G</b>
<b>Vegetarian option</b>	Roasted vegetable pasta bake <b>G</b>	Vegetarian savoury mince <b>G</b>		Creamy garlic and mushroom tagliatelle <b>G, DA</b>	
<b>Sides</b>	Peas and sweetcorn	Mash potato and kale	Brown rice	Crunchy salad	Baby potatoes and green beans
<b>Dessert</b>	Tropical fruit salad	Rice pudding with sultanas <b>DA</b>	Crunchy summer berry crumble with Greek yogurt <b>G, DA</b>	Peaches and evaporated milk <b>DA</b>	Bananas and chocolate custard <b>DA</b>
<b>Pm Snack</b>	Rice cake with fresh fruit or vegetable sticks	Fruit loaf with fresh fruit or vegetable sticks <b>G</b>	Multigrain crackers with fresh fruit or vegetable sticks <b>G</b>	Oat cake with fresh fruit or vegetable sticks	Breadsticks with fresh fruit or vegetable sticks <b>G</b>
<b>Tea</b>	Homemade sweet potato and lentil soup with pitta fingers <b>G</b>	Chicken and vegetable couscous salad with cheesy garlic bread <b>DA, G</b>	Pitta bread pizzas with vegetable sticks <b>G, DA</b>	Ham & tomato grated cheese & cucumber Egg mayo & cress sandwiches with vegetable sticks <b>G, DA, E</b>	Cream cheese and ham bagels with vegetables sticks <b>DA, G</b>
<b>Dessert</b>	Mandarins and Greek yogurt <b>DA</b>	Fruit set milk jelly <b>DA</b>	Fresh fruit platter	Slice of warm banana bread <b>G, DA</b>	Fresh fruit salad

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

