AUTUMN/WINTER MENU 2023-2024





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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **CEREALS OR TOAST****Served with: Milk or Water**Allergens: **Milk, Wheat** | **CEREALS OR TOAST****Served with: Milk or Water**Allergens: **Milk, Wheat** | **CEREALS OR TOAST****Served with: Milk or Water**Allergens: **Milk, Wheat** | **CEREALS OR TOAST****Served with: Milk or Water**Allergens: **Milk, Wheat** | **CEREALS OR TOAST****Served with: Milk or Water**Allergens: **Milk, Wheat** |
| **Snack** | **PINEAPPLE SLICES** | **STRAWBERRIES** | **BANANA SLICES** | **ORANGES WEDGES** | **HONEYDEW MELON** |
| **Lunch** | **Tuna & pasta bake**Allergens: **Wheat, Fish** | **Jollof rice, roast chicken & Coleslaw**Allergens: Egg | **Creamy spaghetti green peas & cod fish** Allergens**: Fish, Milk** | **Shepherd’s pie, mixed vegetables & cucumber salad**Allergens: **Wheat, Milk, Egg** | **Roast potatoes, meat loaf and green peas**Allergens: **Wheat, Milk, Egg** |
| **Dessert** | **Strawberry Semolina**Allergens: **Milk, Wheat** | **Banana Custard**Allergens: **Wheat, Milk** | **Peach Cobbler & Ice cream**Allergens**: Milk, Wheat** | **Fruit Jelly**Allergens: N/A | **Natural Yogurts**Allergens: **Milk** |
| **Snack** | **CHEESE AND CUCUMBER STICKS**Allergens: **Milk** | **BREADSTICKS WITH CHEESE DIP** | **HOMEMADE RAISINS & OAT COOKIES** | **RICE CAKES AND WITH STRAWBERRY JAM (SUGAR FREE)** | **ORANGE WEDGES** |
| **Tea** | **Tuna bagel melt**Allergens: **Fish, Wheat, Milk** | **Egg Sandwiches**Allergens: **Milk, Egg, Wheat** | **Crumpets with cheese**Allergens: **Wheat, Milk** | **Beans on Toast**Allergens: **Milk, Wheat, Soya** | **Homemade vegetables soup & bread**Allergens: **Wheat, Soya** |

 WEEK 4



**ALLERGENS**