

Week 1

MENU

mindful
food
BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
MAINS HAPPY TUMS	Roasted veg lasagne (G, Mk)	Roast chicken and gravy (G)	Pasta bolognese (G)	Oven baked chicken sausages (G)	Breaded cod fish fingers (F, G)
VEGGIE MEAT FREE	Red lentil and butternut squash Dahl served with rice (G, Mk)	Margherita pizza (G, Mk)	Cheese and vegetable kebab (G, Mk)	Veggie Quorn sausages (G, E, Mk)	Cheese and tomato quiche (G, E, Mk)
VEG EXTRA GOOD	Broccoli Courgettes	Steamed cabbage Cauliflower	Sweetcorn Coleslaw (E)	Green beans Carrots	Baked beans Garden peas
CARBS FUEL FOOD	Garlic bread (Mk, So, G) or Naan (G)	Roasted new potatoes	Seasoned wedges	Mashed potatoes (Mk)	Baked oven chips
DESSERT SOMETHING SWEET	Fresh fruit or fruit yoghurt (Mk)	Chocolate cookie (G, E, Mk)	Fresh fruit	Lemon sponge (G, E, Mk)	Fresh fruit or fruit yoghurt (Mk)

APRIL PUMPKIN SEEDS
22nd - St George's Day

MAY RICE
19th - Pirate's & Mermaid's Day

JUNE LEAFY GREENS
20th - 24th Teddy Bears' Picnic

JULY COUS-COUS



Dates

Week Commencing:
25-Apr, 16-May, 13-Jun and
04 July

Allergens

- Ce = Celery
- F = Fish
- L = Lupin
- Mu = Mustard
- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- N = Nuts
- Se = Sesame Seeds
- E = Eggs
- Mo = Molluscs
- P = Peanuts
- So = Soya
- Su = Sulphur Dioxide

Week 2

MENU

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	Monday	Tuesday	Wednesday	Thursday	Friday
MAINS HAPPY TUMS	Tomato pasta (G)	BBQ chicken (Ce, G, So, Su)	Cottage pie (Mk, Ce)	Roast pork, stuffing and gravy (G)	Breaded Fish Fingers (G, F)
VEGGIE MEAT FREE	Mixed vegetable Curry	Macaroni Cheese (G, Mk)	Mixed vegetable gratin (G, Mk)	Vegetable wrap (G, Mk, Mu)	Bean burger in a bap (G, E, Su, Mu, Se)
VEG EXTRA GOOD	Sweetcorn Carrot	Broccoli Cauliflower	Chef's Salad Sweetcorn	Carrots Courgettes	Baked Beans Garden Peas
CARBS FUEL FOOD	Steamed rice	Garlic bread (G, Mk, So)	Half jackets	Roast potatoes	Baked Oven Chips
DESSERT SOMETHING SWEET	Fresh fruit or fruit yoghurt (Mk)	Shortbread (G, Mk)	Fresh fruit	Fruity flapjack (G, Mk)	Fresh fruit or fruit yoghurt (Mk)

APRIL PUMPKIN SEEDS
22nd - St George's Day

MAY RICE
19th - Pirate's & Mermaid's Day

JUNE LEAFY GREENS
20th - 24th Teddy Bears' Picnic

JULY COUS-COUS



Dates

Week Commencing:
02-May, 23-May and 20-June

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish
G = Cereals containing Gluten
L = Lupin
Mk = Milk
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Mu = Mustard
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So = Soya
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Week 3

MENU

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	Monday	Tuesday	Wednesday	Thursday	Friday
MAINS HAPPY TUMS	Vegetable and Quorn noodles (G, E)	Meat feast pizza (G, Mk)	Roast chicken and gravy (G)	Beef burger in a bun (G, E, So)	Breaded Fish Fingers (F, G)
VEGGIE MEAT FREE	Roast vegetable penne pasta (G)	Leek and cheddar quiche (Ce, G, E, Mk)	Roasted veg filo tart (G, E, Mk)	Chickpea curry with rice	Potato and pea frittata (E, Mk)
VEG EXTRA GOOD	Chef's salad Baked beans	Sweetcorn Courgettes	Carrot Cauliflower	Chef's salad Carrots	Baked Beans Garden Peas
CARBS FUEL FOOD	Pasta (G)	Classic coleslaw (E)	Roast potatoes	Wedges	Baked Oven Chips
DESSERT SOMETHING SWEET	Fresh fruit or fruit yoghurt (Mk)	Chocolate Marble Cake (G, E, Mk)	Fresh fruit	Apple and cinnamon crumble with custard (G, Mk)	Fresh fruit or fruit yoghurt (Mk)

APRIL PUMPKIN SEEDS
22nd - St George's Day



MAY RICE
19th - Pirate's & Mermaid's Day



JUNE LEAFY GREENS
20th - 24th Teddy Bears' Picnic



JULY COUS-COUS



Dates

Week Commencing:
09-May, 06-Jun and 27-Jun

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish
G = Cereals containing Gluten
L = Lupin
Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide