

Our Summer menu

Lunch										
<p>Cauliflour, broccoli and ham cheese bake and new potatoes</p> <p>Contains:</p>	<p>Spaghetti bolognaise with garlic bread</p> <p>Contains:</p>	<p>Roast pork Dinner</p> <p>Contains:</p> <p>Cereals containing gluten, milk, soya</p>	<p>Beef stroganoff & rice</p> <p>Contains:</p>	<p>Fish cakes, potato wedges & beans</p> <p>Contains:</p> <p>Cereals</p>	<p>Chilli & rice</p> <p>Contains:</p>	<p>Roast turkey dinner</p> <p>Contains:</p> <p>Cereals containing gluten,</p>	<p>Vegetable lasagne with garlic bread</p>	<p>Fish pie & veg</p> <p>Contains:</p>	<p>Macaroni cheese, ham & broccoli</p> <p>Contains:</p>	<p>Chicken pie & new potatoes</p> <p>Contains:</p>

Puddings										
<p>Mandarin flan & cream</p> <p>Contains :</p>	<p>Banana Cake</p> <p>Contains:</p> <p>Cereals containing gluten, eggs</p>	<p>Fromage frais</p> <p>Contains:</p> <p>Milk,</p>	<p>Apple & pear crumble crumble & custard</p> <p>Contains:</p> <p>Cereals containing gluten, milk,</p>	<p>Ice cream</p> <p>Contains:</p>	<p>Blueberry muffins</p> <p>Contains:</p>	<p>Ice cream</p> <p>Contains:</p>	<p>Fromage frais</p> <p>Contains:</p> <p>Milk,</p>	<p>Strawberries & cream</p> <p>Contains:</p>	<p>Apple flapjack</p> <p>Contains:</p>	<p>Fruit jelly</p> <p>Contains:</p>

Tea

<p>Sandwiches</p> <p>Containing:</p> <p>Cereals containing gluten, Soya, celery, milk, fish, egg</p>	<p>Ploughmans platter</p> <p>Contains :</p> <p>Cereals containing gluten, eggs, milk, soya, celery</p>	<p>Sandwiches</p> <p>Containing:</p> <p>Cereals containing gluten, Soya, celery, milk, fish</p>	<p>Pin wheels</p> <p>Containing:</p> <p>Cereals containing gluten, milk,</p>	<p>Homemade pizzas</p> <p>Containing:</p> <p>Cereals containing gluten, milk,</p>	<p>Wraps/pitas</p> <p>Containing:</p> <p>Cereals containing gluten, fish, eggs, milk, soya,</p>	<p>Ploughmans platter</p> <p>Contains :</p> <p>Cereals containing gluten, eggs, milk, soya, celery</p>	<p>Sandwiches</p> <p>Containing:</p> <p>Cereals containing gluten, Soya, celery, milk, fish</p>	<p>Finger rolls</p> <p>Containing:</p> <p>Cereals containing gluten, milk, Soya</p>	<p>Savoury scones</p> <p>Containing:</p> <p>Cereals containing gluten, milk, eggs</p>	<p>Sandwiches</p> <p>Containing:</p> <p>Cereals containing gluten, Soya, celery, milk, fish</p>
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Children have two healthy snacks a day, once in the morning and once in the afternoon.

Morning snack : The children have a variety of fruits to choose from these include :

Watermelon, Strawberries, Blueberries, Raspberries, Banana, Apple, Pears, Grapes, Pineapple, Kiwi, Oranges & Melon

Afternoon Snack : The children have a variety of foods these include :

Cucumber, Carrot sticks, cheese and chive dip, houmous dip. Dried Apricots & Raisins, Crackers, breadsticks.