



SAMPLE MENUS

Week One



	Lunch	Allergens	Dessert	Afternoon Tea	Allergens
MONDAY	BEEF & VEGETABLE BOLOGNAISE 40% Mince Beef, Carrots, Onions, Peas, Sweetcorn, Tomato & Spaghetti	GLUTEN EGGS	FRESH FRUIT SALAD	WHOLEMEAL TOAST & BAKED BEANS	GLUTEN DAIRY
TUESDAY	ROAST CHICKEN DINNER Chicken Breast, Mash Potato, Broccoli, Carrots, Gravy & Yorkshire Pudding	GLUTEN DAIRY EGGS	YOGHURT	HAM, CRACKERS, TOMATO, CUCUMBER & CARROT STICKS	GLUTEN DAIRY EGGS
WEDNESDAY	JACKET POTATO Tuna Fish & Salad	FISH DAIRY GLUTEN	JAM SPONGE & CUSTARD	EGGS ON TOAST	EGGS GLUTEN
THURSDAY	COTTAGE PIE & BROCCOLI 40% Mince Beef, Onions, Carrots, Peas, Sweetcorn, Gravy topped with Mash served with Broccoli	DAIRY	SUGAR FREE JELLY WITH FRUIT	WRAPS, MEAT & SALAD	GLUTEN
FRIDAY	CHICKEN FILLETS, VEGETABLE RICE Rice with Carrots, Sweetcorn & Peas served with Baked Beans	GLUTEN EGGS	BANANAS & CUSTARD	CROISSANTS WITH FRUIT	DAIRY GLUTEN

Week Two



	Lunch	Allergens	Dessert	Afternoon Tea	Allergens
MONDAY	ROAST BEEF DINNER Roast Beef, Mash Potatoes, Broccoli, Carrots, Gravy & Yorkshire Pud	GLUTEN	FRESH FRUIT SALAD	HAM, CRACKERS, TOMATO, CUCUMBER, & CARROT STICKS	GLUTEN DAIRY EGG
TUESDAY	2 FISH CAKES Parsley Sauce, Mash & Vegetables	GLUTEN EGGS DAIRY	SUGAR FREE JELLY & PEACHES	WHOLEMEAL TOAST SPAGHETTI IN TOMATO SAUCE	GLUTEN DAIRY EGGS
WEDNESDAY	MILD CHICKEN CURRY Boiled Rice & Naan Breads	GLUTEN	FRUIT YOGHURT	BUTTERED CRUMPETS & BAKED BEANS	GLUTEN DAIRY
THURSDAY	JACKET POTATO Cheese & Baked Beans	DAIRY	FRESH FRUIT SALAD	PANCAKES WITH FRUIT	GLUTEN
FRIDAY	VEGETABLE LASAGNE Carrots, Onions, Mushrooms, Courgettes, Pepper, Tomato, Lasagne Pasta, Cheese Sauce & Garlic Bread	GLUTEN DAIRY EGGS	ARTIC ROLL	WHOLEMEAL SANDWICHES & CRISPS	GLUTEN DAIRY EGGS

Week Three



	Lunch	Allergens	Dessert	Afternoon Tea	Allergens
MONDAY	ROAST CHICKEN DINNER Chicken Breast, Mash Potato, Broccoli, Carrots, Gravy & Yorkshire Pud	GLUTEN DAIRY EGGS	SUGAR FREE JELLY & PEACHES	SCOTCH PANCAKES AND FRUIT	GLUTEN
TUESDAY	VEGETABLE PASTA BAKE Pasta, Carrots, Onions, Sweetcorn, Peas, Tomato Sauce & Garlic Bread	GLUTEN DAIRY	FRUIT YOGHURTS	WHOLEMEAL WRAPS MEAT & SALAD	GLUTEN
WEDNESDAY	BEEF & VEGETABLE CHILLI CON CARNE & RICE 40% Mince Beef, Carrots, Onions, Peas, Sweetcorn	GLUTEN	FRESH FRUIT SALAD	BAKED BEANS ON TOAST	GLUTEN DAIRY
THURSDAY	JACKET POTATO, TUNA & SALAD	GLUTEN DAIRY FISH	TREACLE SPONGE & CUSTARD	SANDWICHES & CHIPS	GLUTEN
FRIDAY	FISH FINGERS Chips & Beans	GLUTEN FISH	FRESH FRUIT SALAD	CRACKERS, CHEESE, HAM & SALAD	GLUTEN DAIRY

Week Four



Lunch

Allergens

Dessert

Afternoon Tea

Allergens

MONDAY

JACKET POTATO
with Cheese & Beans

DAIRY

FRESH FRUIT SALAD

**BUTTERED CRUMPETS
& VEGETABLE STICKS**

GLUTEN
DAIRY

TUESDAY

MAC N CHEESE
with Peas, Sweetcorn
& Garlic Bread

GLUTEN
DAIRY

**SUGAR FREE JELLY
& PEACHES**

**TOASTED TEA CAKES
WITH VEG STICKS**

GLUTEN
DAIRY

WEDNESDAY

HOMEMADE FISH PIE
Cod, Salmon, Broccoli,
Cheese Sauce, Fluff Mash

GLUTEN
DAIRY
FISH

FRESH FRUIT SALAD

**WHOLEMEAL WRAPS
MEAT & SALAD**

GLUTEN

THURSDAY

ROAST CHICKEN DINNER
Chicken Breast, Mash Potato, Broccoli,
Carrots, Gravy & Yorkshire Pud

GLUTEN
DAIRY
EGG

FRUIT YOGHURT

**WHOLEMEAL
SANDWICHES & CHIPS**

GLUTEN
DAIRY

FRIDAY

MILD CHICKEN CURRY
& Boiled Rice

GLUTEN

**APPLE SPONGE
& CUSTARD**

EGG ON TOAST

GLUTEN
DAIRY
EGGS



Little Oaks

DAY NURSERY

