

Summer Menu: Week 1 – Week 4 Special Dietaries (GF/DF/EF/SF)



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast
AM Snack	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
Starter	GF Vegetable Crudites with Water Biscuits	DF/ GF Homemade Garlic bread			Vegetable Crudites and DF Cheese Sticks
Lunch:	Chicken Curry with Rice (DF)	DF Shepherd's Pie served with Green Beans	Roast Turkey with Roast Potatoes, Carrots and Peas	GF Sausages, Mash and Peas	Flaked Salmon, Pea and Potato Salad
Pudding			DF/ GF Cinnamon, golden syrup & Oat biscuits	DF Natural Yoghurt with Peaches	
Starter			GF Toasted Bread	Fresh Garden Salad	
Tea:	GF Macaroni Cheese with Broccoli	DF Jacket Potato with a choice of fillings	Vegetable Chilli Con Carne	GF/ DF Vegetable Lasagne	DF Vegetable Risotto
Pudding	DF Fresh Fruit Yoghurt	DF/GF Fruit Flapjack			DF/GF Golden Syrup, Cinnamon and Oat Biscuits

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast
AM Snack	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
Starter		GF/DF Homemade Garlic Bread	GF Vegetable Crudites with Crackers	Fresh Garden Salad	
Lunch:	Sweet and Sour Chicken and Rice	GF/DF Vegetable Pasta Bake	Roast Chicken with Roasted New Potatoes and Sweetcorn	GF Meatballs with Spaghetti	GF/DF Fish with Diced Potatoes and Sweetcorn
Pudding	DF Fresh Fruit Yoghurt				GF/DF Fruit Flapjack
Starter	Pasta Salad				Vegetable Crudites with Tomato Salsa
Tea:	GF/DF Selection of Finger Sandwiches & Wraps	GF/DF Bean and Vegetable Enchiladas	Mediterranean Vegetable Rice	GF/DF Jacket Potato with a choice of fillings	GF/DF Cheesy peasy pasta
Pudding		Jelly	GF/DF Sweetcorn Cupcake	GF/DF Lemon Shortbread	

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast
AM Snack	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
Starter			Red Pepper & Celery	GF/DF Homemade garlic bread	Herby Potato Wedges
Lunch:	Spanish Chicken with Diced Sweet Potato	GF Sausages, Potato Wedges and Fresh Vegetables	Chicken with Herby Potatoes and Mixed Vegetables	Spaghetti Bolognese	GF/DF Fisherman's Pie
Pudding	GF/DF Fruit Crumble	Fresh Fruit Yoghurt			
Starter	Vegetable Crudites with Hummus	Fresh Garden Salad			
Tea:	GF/ DF Sweetcorn & Leek Pasta Bake	GF/ DF Mexican Bean Vegetarian Chilli Enchiladas	GF/DF Jacket Potatoes served with a Choice of Fillings	Sweet Potato Curry with Rice	GF/DF Spinach, Tomato & Basil Penne
Pudding			GF/DF Vanilla and Chocolate Shortbread	Jelly	GF/DF Cranberry & Parsnip Flapjack

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast
AM Snack	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
Starter	Vegetable Crudites with Hummus			GF/DF Homemade Garlic bread	
Lunch:	GF/DF Cheesy Peasy Pasta	GF Sausages with Potato Wedges and Sweetcorn	Roast Chicken with Mash and Green Beans	Minced Beef Chilli with Rice	GF/DF Cod Goujons served with Diced Potatoes & Peas
Pudding		GF/DF Lemon Shortbread Biscuit	DF Fresh Fruit Yoghurt		DF Apple and Blueberry Compote served with Natural Yoghurt
Starter		GF/DF Homemade Garlic Bread	Fresh Garden Salad		Fresh Garden Salad
Tea:	GF Mixed Vegetable & Red Pepper Fajitas	DF Mushroom Risotto	GF/DF Mediterranean Vegetable Penne	GF/DF Jacket Potatoes served with a Choice of Fillings	GF/DF Hidden Vegetable Macaroni Cheese
Pudding	DF Vanilla Ice Cream Served with Fresh Fruit			GF/DF Chocolate Krispie Cake	

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