

Sunbeams Menu – Week 5



Ingredients or products containing allergens and what they are in **BOLD**

Breakfast	Snack AM	Dinner	Snack PM	Dietary Info
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit and rice cake	Pizza, sweet potato fries and beans Ice cream GLUTEN, MILK	Chees twists and tomatoes	Meat, bread At least 4 fruit/veg 2 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit and yoghurt MILK	Cottage pie, swede, cabbage and gravy Jelly SOYA	Bagel and apple slices GLUTEN	Red meat, potato At least 4 fruit/veg 1 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Banana, Oatcake and maple syrup GLUTEN	Jacket potato and Quorn bolognaise sauce Custard and fruit compote MILK	Organix	Vegetarian, At least 4 fruit/veg 1 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit and rice cake	Tuna pasta bake and garlic bread Yoghurt FISH, CELERY, MILK, GLUTEN	Carrot and Cucumber sticks with dip	Fish, Pasta At least 4 fruit/veg 1 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit and rice cake	Homemade chicken pie in a creamy sauce, mash Homemade biscuit or cookie MILK, GLUTEN, EGGS	Crispbread, spread and ham	Poultry, potato At least 4 fruit/veg 1 dairy

All recipes and ingredients are copied and kept for reference marked **ALLERGENS IN FOOD** in the kitchen, please ask a member of staff.