

Sunbeams Menu – Week 3



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	Hotdog, chips and peas Chocolate crunch and cream GLUTEN, MILK	Cheese twists and tomatoes	Red meat, potato 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 oat cake GLUTEN	Cauliflower cheese and sweetcorn Fairy cake MILK, SULPHUR DIOXIDE, GLUTEN, EGG	Pitta bread and peppers GLUTEN	Vegetarian, Pasta 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 rice cake	Roast Chicken, roast potatoes, broccoli and gravy Yoghurt GLUTEN, MILK, SOYA	Crispbread, spread and ham slice MILK	Poultry, 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	Frozen yoghurt and banana MILK	Lasagne and garlic bread Flapjack MILK, GLUTEN	Apple and melon rockets	Red meat, bread 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	Homemade fish cakes, peas and parsley sauce Ice cream FISH, GLUTEN, EGG, MILK,	Breadstick, carrot sticks and dip GLUTEN,	Fish, 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.