





























Mereside Farm Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Apples and Pears	Scotch Pancakes G, MI, E	Orange segments	Oatcakes with cream cheese G, MI	Pineapple
Lunch	Macaroni cheese with ham, sweetcorn, and peas G, MI	Sausage, mash, peas, and gravy SO, CE	Chicken Casserole with Dumplings and mixed vegetables G, MI, SO	Beef bolognaise with pasta shells and garlic bread G, MI	Salmon and cod fish cakes with peas and parsley sauce F, MI, G, SO
Vegetarian	Macaroni cheese with sweet corn and peas G, MI	Vegetarian Sausage, mash, peas, and gravy CE, SO	Quorn Casserole with Dumplings and mixed vegetables G, SO	Quorn bolognaise with pasta shells and garlic bread. G, MI, SO	Vegetarian fish fingers with peas and parsley sauce MI, G, SO
Dessert	Fromage frais MI	Chocolate brownie (reduced sugar) G, E	Apple crumble with Greek yogurt G, MI	Fruit cocktail	Rice Pudding MI
Pm snack	Breadsticks and humous G, SO, SE	Satsumas and grapes	Rice cakes SE, MI, SO	Banana and kiwi	Cream crackers and olive spread G
Tea	Chicken and mayo wraps with salad G, MI, E	Cheese and Ham slices with salad G, MI	Sweet potato soup with wholemeal bread G, SO, CE	Jacket potato with cheese and beans MI	Ham, Cheese and salad sandwiches on wholemeal bread G, MI, SO
Vegetarian tea	Quorn fillet and mayo wraps with salad E, G, SO	Cheese slices with salad G, MI	Sweet potato soup with wholemeal bread G, SO, CE	Jacket potato with cheese and beans MI	Cheese and salad sandwiches on wholemeal bread G, MI, SO
Dessert	Melon chunks	Bananas and custard MI	Strawberry Jelly	Greek yogurt and mango MI	Apple slices

Allergens	 G (Gluten)	 P (Peanuts)	 N (Nuts)	 MI (Milk)	 SO (Soya)	 MU (Mustard)	 L (Lupin)	 E (Eggs)	 F (Fish)	 CR (Crustaceans)	 M (molluscs)	 SE (Sesame)	 CE (Celery)	 SU (Sulphites)
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Mereside Farm Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Oat cakes with humous G, MI, SE	Bananas	Rice cakes SE, MI, SO	Melon chunks	Bread sticks G, SO
Lunch	Chicken curry with brown rice CE	Cottage pie with carrots, peas, and gravy SO, CE	Cod mornay bake with broccoli and roast new potatoes F, MI, F	Turkey meat balls in tomato sauce and spinach with pasta twists	Cheese and potato pie with baked beans MI
Vegetarian	Vegetable curry with brown rice CE	Quorn Cottage pie with carrots, peas, and gravy G, CE	Vegetarian nuggets with broccoli, new potatoes & tomato sauce F, MI, G, CE	Quorn meat balls in tomato sauce and spinach with pasta twists SO	Cheese and potato pie with baked beans MI
Dessert	Greek yogurt with mango MI	Vanilla ice cream MI	Chocolate sponge and custard MI, G	Rice pudding MI	Fromage frais MI
Pm snack	Orange slices	Melba toast with cream cheese MI, SO	Apples and Pears	Carrot and cucumber sticks with tzatziki dip MI	Satsuma's
Tea	Baked beans on whole meal toast G, SO	Tuna pasta bake with mixed salad F, MI, G	Ham and Cheese toasties on whole meal bread with spaghetti hoops G	Pea and ham soup with whole meal baguette slice G, CE	Crumpets and mixed salad G, MI
Vegetarian tea	Baked beans on whole meal toast G, SO	Vegetable pasta bake with mixed salad MI, G	Cheese toasties on whole meal bread with spaghetti hoops G, SO	Tomato soup with wholemeal bread G, CE	Crumpets and mixed salad G, MI
Dessert	Fruit cocktail	Melon chunks	Fruit jelly	Chocolate rice crispy cakes MI, G	Sliced plums

Allergens	 G (Gluten)  P (Peanuts)  N (Nuts)  MI (Milk)  SO (Soya)  MU (Mustard)  L (Lupin)  E (Eggs)  F (Fish)  CR (Crustaceans)  M (molluscs)  SE (Sesame)  CE (Celery)  SU (Sulphites)
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Mereside Farm Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Grapes	Rice cakes SE, MI, SO	Pears	Oat cakes with cream cheese G, MI	Scotch pancakes G, MI, E
Lunch	Beef chilli with brown rice SO, CE	Vegetable pasta bake with sweet corn	Sausage casserole with mash potato and broccoli SO, G, CE	Fish pie with peas and carrots F, MI	Chicken lasagne with garlic bread and peas MI, G, CE
Vegetarian	Quorn chilli with brown rice G, CE	Vegetable pasta bake with sweet corn	Quorn Sausage casserole with mash potato and broccoli SO, CE	Vegetarian pie with peas and carrots	Vegetable lasagne with garlic bread and peas CE, MI, G
Dessert	Melon chunks	Ginger Biscuits G, MI	Strawberry jelly	Sliced apple	Fromage frais MI
Pm snack	Crackers with herb cream cheese MI	Bananas	Breadsticks and humous SE, SO, G	Satsuma's	Carrot and cucumber sticks with humous SE
Tea	Vegetable soup with wholemeal bread G, CE	Ham salad on whole meal wraps G	Spaghetti hoops on whole meal toast G, SO	Cheese crumpets with mixed salad G, MI	Fish fingers with baked beans G, F
Vegetarian tea	Vegetable soup with wholemeal bread G, CE	Cheese salad on whole meal wraps G MI	Spaghetti hoops on whole meal toast G, SO	Cheese crumpets with mixed salad G, MI	Vegetarian fish fingers with baked beans G
Dessert	Vanilla sponge and custard E, MI	Fromage frais MI	Pineapple slices	Greek yogurt and mixed berries MI	Fruit cocktail

Allergens	             
	G (Gluten) P (Peanuts) N (Nuts) MI (Milk) SO (Soya) MU (Mustard) L (Lupin) E (Eggs) F (Fish) CR (Crustaceans) M (molluscs) SE (Sesame) CE (Celery) SU (Sulphites)

Mereside Farm Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Bananas	Bread sticks with humous G, SE, SO	Sliced pears	Oatcakes with cream cheese G, MI	Sliced oranges
Lunch	Cheese and broccoli pasta bake MI	Beef lasagne with garlic bread and peas MI, G, CE	Cheese and tomato pizza with sweetcorn G, MI	Chicken, cheese and tomato bake with mixed vegetables and potato wedges MI, CE	Salmon, pea & broccoli pie with mash potato F, MI, G
Vegetarian	Cheese and broccoli pasta bake MI	Vegetable lasagne with garlic bread and peas MI, G, CE	Cheese and tomato pizza with sweetcorn G, MI	Vegetable cheese and tomato bake MI, CE	Vegetable pie with mash potato MI, G
Dessert	Ice cream MI	Fruit cocktail	Pear and sultana crumble and custard G, MI	Fromage frais MI	White chocolate topped flap jack G, MI
Pm snack	Rice cakes SE, MI, SO	Sliced apples	Scotch pancakes G, MI, E	Grapes and kiwi	Crackers and non-dairy spread G, MI
Tea	Ham salad sandwiches on wholemeal bread	Sweet potato wedges with spaghetti hoops G	Ham and cheese stuffed jacket potatoes MI	Sweet potato and tomato soup with wholemeal bread G, CE	Tuna mayo and salad wholemeal wraps G
Vegetarian tea	Cheese salad sandwiches on wholemeal bread G, MI, SO	Vegetable fingers with spaghetti hoops G	Cheese stuffed jacket potatoes MI	Sweet potato and tomato soup with wholemeal bread G, CE	Cheese salad wholemeal wraps G, MI
Dessert	satsumas	Greek yogurt with pineapple pieces MI	Melon chunks	Blueberry muffins G, E, L, MI	Strawberry Jelly

Allergens														
	G (Gluten)	P (Peanuts)	N (Nuts)	MI (Milk)	SO (Soya)	MU (Mustard)	L (Lupin)	E (Eggs)	F (Fish)	CR (Crustaceans)	M (molluscs)	SE (Sesame)	CE (Celery)	SU (Sulphites)