





























## Mereside Farm Menu Week 1

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

<b>Allergens</b>	 G (Gluten)  P (Peanuts)  N (Nuts)  MI (Milk)  SO (Soya)  M (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
<b>Am Snack</b>	Oat cakes with humous <b>G, MI</b>	Bananas	Rice cakes <b>SE, MI, SO</b>	Melon chunks	Bread sticks <b>G, SO</b>
<b>Lunch</b>	Chicken curry with brown rice	Cottage pie with carrots, peas, and gravy <b>SO</b>	Cod with Mash potato, broccoli, and parsley sauce <b>MI</b>	Turkey meat balls in tomato sauce and spinach with pasta twists	Cheese and potato pie with baked beans <b>MI</b>
<b>Vegetarian</b>	Vegetable curry with brown rice	Quorn Cottage pie with carrots, peas, and gravy <b>G</b>	Veggie fish fingers with new potatoes, broccoli, and parsley sauce <b>G, MI</b>	Quorn meat balls in tomato sauce and spinach with pasta twists <b>SO</b>	Vegetarian risotto <b>MI</b>
<b>Dessert</b>	Greek yogurt with mango <b>MI</b>	Vanilla ice cream <b>MI</b>	Jam sponge and Custard (reduced sugar) <b>MI, E</b>	Rice pudding <b>MI</b>	Fromage frais <b>MI</b>
<b>Pm snack</b>	Orange slices	Melba toast with cream cheese <b>MI, SO</b>	Apples and Pears	Carrot and cucumber sticks with tzatziki dip <b>MI</b>	Satsuma's
<b>Tea</b>	Baked beans on whole meal toast <b>G, SO</b>	Tuna, Tomato, pepper, and cucumber pasta salad <b>F</b>	Ham and Cheese toasties on whole meal bread with spaghetti hoops <b>G</b>	Crumpets and mixed salad <b>G, MI</b>	Carrot and coriander soup with whole meal baguette slice <b>G</b>
<b>Vegetarian tea</b>	Baked beans on whole meal toast <b>G, SO</b>	cheese, Tomato, pepper, and cucumber pasta salad	Cheese toasties on whole meal bread with spaghetti hoops <b>G, SO</b>	Crumpets and mixed salad <b>G, MI</b>	Carrot and coriander soup with whole meal baguette slice <b>G</b>
<b>Dessert</b>	Fruit cocktail	Melon chunks	Sliced plums	Fruit jelly	Chocolate mouse <b>MI</b>

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















### Mereside Farm Menu Week 3

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

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

## Mereside Farm Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Am Snack</b>	Bananas	Bread sticks with humous <b>G, SE, SO</b>	Sliced pears	Oatcakes with cream cheese <b>G, MI</b>	Sliced oranges
<b>Lunch</b>	Cheese and broccoli pasta bake <b>MI</b>	Beef lasagne with garlic bread and peas <b>MI, G</b>	Cheese and tomato pizza with sweetcorn <b>G, MI</b>	Chicken chasseur with brown rice <b>SO</b>	Salmon and potato bake with mixed vegetables. <b>F</b>
<b>Vegetarian</b>	Cheese and broccoli pasta bake <b>MI</b>	Vegetable lasagne with garlic bread and peas <b>MI, G</b>	Cheese and tomato pizza with sweetcorn <b>G, MI</b>	Vegetable ratatouille with brown rice	Vegetable and potato bake with mixed vegetables
<b>Dessert</b>	Ice cream <b>MI</b>	Fruit cocktail	Pear and sultana crumble and custard <b>G, MI</b>	Fromage frais <b>MI</b>	Raisin cookies <b>G, MI</b>
<b>Pm snack</b>	Rice cakes <b>SE, MI, SO</b>	Sliced apples	Scotch pancakes <b>G, MI, E</b>	Grapes and kiwi	Crackers and non-dairy spread <b>G, MI</b>
<b>Tea</b>	Ham salad sandwiches on wholemeal bread	Vegetable fingers with spaghetti hoops <b>G</b>	Jacket wedges with baked beans	Tuna mayo and salad wholemeal wraps <b>G</b>	Sweet potato and tomato soup with wholemeal bread <b>G</b>
<b>Vegetarian tea</b>	Cheese salad sandwiches on wholemeal bread <b>G, MI, SO</b>	Vegetable fingers with spaghetti hoops <b>G</b>	Jacket wedges with backed beans	Cheese salad wholemeal wraps <b>G, MI</b>	Sweet potato and tomato soup with wholemeal bread
<b>Dessert</b>	satsumas	Greek yogurt with pineapple pieces <b>MI</b>	Melon chunks	flapjack	Strawberry jelly

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