

Mereside Farm Menu

Week 1

Breakfast alternates between cereal (Multigrain hoops, Malt wheats, Smooth porridge) and Wholemeal toast

	Monday	Tuesday	Wednesday	Thursday	Friday
Am snack	Fruit	Scotch pancakes Wheat, milk, egg	Strawberries and apple slices	Rice cakes with sliced bananas May contain sesame seeds, milk, soya	Oatcakes & cream cheese Oatmeal, milk
Lunch	Cheese & potato pie topped with sliced tomatoes served with baked beans Milk	Minced beef with sauce (chopped tomatoes, peppers, courgette, garlic & dried herbs) with pasta Wheat	Chicken and vegetable casserole with rice & peas	Wholemeal pasta with sausages and a lentil & tomato sauce, served with peas Wheat (pasta), lentils may contain wheat	Meat loaf with potatoes, broccoli, carrots & gravy Wheat, Barley, Soya
Vegetarian lunch	Cheese & potato pie topped with sliced tomatoes served with baked beans Milk	Quorn mince with sauce (chopped tomatoes, peppers, courgette, garlic & dried herbs) with pasta Wheat, egg white	Lentil casserole with rice & peas May contain wheat	Wholemeal pasta with Vegetarian sausages and a lentil and tomato sauce Wheat (pasta), lentils may contain wheat	Lentil loaf (v) with potatoes, broccoli, carrots & gravy Wheat
Dessert	Banana & natural yogurt Milk	Fruity flapjack Oats, milk	Mango with natural yoghurt Milk	Orange and apple slices	Strawberries & ice cream Milk, may also contain peanuts & nuts
Tea	Crumpets with cucumber sticks and carrot sticks with a hummus dip Wheat, may also contain soya & milk, sesame seed paste	Sausage & beans with wholemeal bread & butter Wheat, milk	Baked potato, cheese & Spaghetti Hoops Milk	Tuna, sweetcorn and cheese on wholemeal wraps Fish, wheat, milk	Fruity Pasta salad (Pasta, cannellini beans, cheese, sweetcorn, apricot and raisins) Wheat, milk
Vegetarian tea	Crumpets with cucumber sticks and carrot sticks with a hummus dip Wheat, may also contain soya & milk, sesame seed paste	Quorn sausage & beans with wholemeal bread & butter Egg white, wheat	Baked potato, cheese & Spaghetti Hoops Milk, Wheat	Bean, sweetcorn and cheese wholemeal wrap Metabisulphite, wheat, milk	Fruity Pasta salad (Pasta, cannellini beans, cheese, sweetcorn, apricot and raisins) Wheat, milk
Dessert	Rice pudding with raisins Milk	Melon	Fromage frais Milk	Fruit in jelly	Apple slices
Afternoon snack	Pineapple and apple slices	Banana and satsuma	Breadsticks Wheat, barley	Melon	Satsuma & grapes

Mereside Farm Menu

Week 2

Breakfast alternates between cereal (Multigrain hoops, Malt wheats, Smooth porridge) and Wholemeal toast

	Monday	Tuesday	Wednesday	Thursday	Friday
Am snack	Rice cakes with sliced banana	Melon slices	Scotch pancakes <i>Wheat, milk, egg</i>	Sliced naan bread <i>Wheat, milk</i>	Satsuma and kiwi slices
Lunch	Chilli con carne with brown rice	Homemade turkey meatballs With pasta <i>Wheat, egg</i>	Chicken and mixed vegetable curry with brown rice	Cod and salmon fish pie topped with mash and served with carrots and broccoli <i>Fish, milk</i>	Beef & onion topped with mashed sweet potatoes with cauliflower, peas & gravy <i>Wheat, barley, soya</i>
Vegetarian lunch	lentil chilli (v) with brown rice	Homemade Quorn meatballs with pasta <i>Wheat, egg</i>	chick pea and vegetable curry with brown rice	butterbean pie topped with mash and served with carrots and broccoli <i>Milk, metabisulphite</i>	Soya mince and onion topped with mashed sweet potatoes with cauliflower, peas & gravy
Dessert	Bananas and custard <i>Milk</i>	Fruit cocktail & ice cream <i>Milk, may also contain peanuts & nuts</i>	Homemade blueberry muffins <i>Wheat, milk, egg</i>	Fruit cocktail	Apple and pear slices
Tea	Multi seed wraps filled with humous, cheese, tomato and yellow pepper <i>Wheat, sesame seed paste, milk</i>	Crackers with cheese spread, sliced tomatoes and cucumber sticks <i>Wheat, milk</i>	Lentil and mixed vegetable soup with wholemeal bread & butter <i>Wheat</i>	Egg mayonnaise sandwich with red, yellow and green pepper strips <i>Wheat, milk, egg, mustard</i>	Fish fingers and Spaghetti Hoops <i>Fish, Wheat</i>
Vegetarian tea	Multi seed wraps filled with humous, cheese, tomato and yellow pepper <i>Wheat, sesame seed paste, milk</i>	Crackers with cheese spread, sliced tomatoes and cucumber sticks <i>Wheat, milk</i>	Lentil and mixed vegetable soup with wholemeal bread & butter <i>Wheat</i>	Egg mayonnaise sandwich with red, yellow and green pepper strips <i>Wheat, milk, egg, mustard</i>	Vegetable fingers and Spaghetti Hoops <i>Wheat</i>
Dessert	Plain fromage frais with mango puree <i>Milk</i>	Pear and banana	Rice pudding with chopped apricot <i>Milk, sulphur dioxide, may contain wheat</i>	Fromage frais <i>Milk</i>	Mixed berries and natural yogurt <i>Milk</i>
Afternoon snack	Apple and satsuma	Breadsticks with humous dip <i>Wheat, Barley, Sesame seed paste</i>	Satsumas and apple	Pears and apple	Melba toast and cream cheese <i>Wheat, barley, soya, milk</i>

Mereside Farm Menu

Week 3

Breakfast alternates between cereal (Multigrain hoops, Malt wheats, Smooth porridge) and Wholemeal toast

	Monday	Tuesday	Wednesday	Thursday	Friday
Am snack	Apple & satsuma	Breadsticks <i>Wheat, barley</i>	Rice cakes <i>May contain sesame seeds, milk, soya</i>	Oatcakes with hummus <i>Oatmeal, milk, sesame seed paste</i>	Scotch pancakes <i>Wheat, milk, egg</i>
Lunch	Macaroni cheese with cauliflower & broad beans <i>Wheat, milk</i>	Chicken nuggets (homemade) with potato wedges & baked beans <i>Wheat</i>	Vegetable Lasagne and Garlic bread <i>Wheat, milk</i>	Cottage pie with cannellini beans, carrots, peas & gravy <i>Milk</i>	Roast chicken, roast potatoes, broccoli, sweetcorn & gravy
Vegetarian lunch	Macaroni cheese with cauliflower & broad beans <i>Wheat, milk</i>	Quorn nuggets with potato wedges & baked beans <i>Wheat, egg white</i>	Vegetable Lasagne and Garlic bread <i>Wheat, milk</i>	lentil cottage pie with cannellini beans, carrots, peas & gravy <i>May contain wheat</i>	Quorn roast, roast potatoes, broccoli, sweetcorn & gravy <i>Egg white</i>
Dessert	Oat & raisin cookies <i>Wheat</i>	Ice cream & mixed berries <i>Milk</i>	Bread pudding & custard <i>Wheat, egg, milk</i>	Jelly & fruit	Rice pudding <i>Milk</i>
Tea	Sausage & beans with wholemeal bread & butter <i>Wheat, milk</i>	Pasta salad with tuna, chick peas, sweetcorn, spring onion, chopped dried apricot, cheese, cucumber and sliced tomatoes <i>Wheat, sulphur dioxide, milk</i>	A selection of cheese, tuna and sweetcorn sandwiches or egg sandwiches with red pepper strips <i>Wheat, milk, fish, egg</i>	Crumpets with cheese, bean dip and carrot sticks <i>Wheat, milk, may also contain soya</i>	Baked potato, cheese & baked beans <i>Milk</i>
Vegetarian tea	Quorn sausage & beans with wholemeal bread & butter <i>Egg white, wheat</i>	Pasta salad with chick peas, sweetcorn, spring onion, chopped dried apricot, cheese, cucumber and sliced tomatoes <i>Wheat, sulphur dioxide, milk</i>	A selection of cheese and tomato sandwiches or egg sandwiches with red pepper strips <i>Wheat, milk, egg</i>	Crumpets with cheese, bean dip and carrot sticks <i>Wheat, milk, may also contain soya</i>	Baked potato, cheese & baked beans <i>Milk</i>
Dessert	Plain yoghurt with mango pieces <i>Milk</i>	Apple slices	Melon chunks	Fromage <i>Milk</i>	Fruit cocktail
Afternoon snack	Toast fingers <i>Wheat</i>	Strawberries & grapes	Pineapple chunks & apple slices	Banana & kiwi	Pear & grapes

Mereside Farm Menu

Week 4

Breakfast alternates between cereal (Multigrain hoops, Malt wheats, Smooth porridge) and Wholemeal toast

	Monday	Tuesday	Wednesday	Thursday	Friday
Am snack	Breadsticks Wheat, barley	Breadsticks & hummus Wheat, barley, sesame seed paste	Pear and grapes	Oatcakes with hummus Oatmeal, milk, sesame seed paste	Kiwi and oranges
Lunch	Sausages mashed potato, carrots, broccoli & gravy Wheat, metabisulphite, milk	Beef & vegetable lasagne with garlic bread Wheat, milk	Chicken & leek topped with mashed potatoes served with carrots, peas & gravy Milk, wheat, barley, soya	Spaghetti bolognese with wholemeal pasta Wheat	Homemade Salmon fish cakes with potatoes, peas & parsley sauce Fish, milk, barley, soya
Vegetarian lunch	Quorn sausages (v), mashed potato, carrots, broccoli & gravy Egg white, milk	Quorn & vegetable lasagne with garlic bread Egg white, wheat, milk	Quorn and leek topped with mashed potatoes served with carrots, peas & gravy Egg white, milk, wheat, barley, celery, soya	lentil bolognese with wholemeal spaghetti Wheat (pasta), lentils may contain wheat	Bean pate cakes (v) with potatoes, peas & parsley sauce Milk, barley, soya, metabisulphite
Dessert	Fromage frais Milk	Jelly & fruit	Fromage frais Milk	Apple and pear slices	Homemade blueberry muffins Milk, egg, wheat
Tea	Beans on toast with cheese Wheat, milk	Fish fingers and Spaghetti Hoops Fish, Wheat	Crumpets with cucumber sticks and carrot sticks with a hummus dip Wheat, may also contain soya & milk, sesame seed paste	Cheese on wholemeal toast, cucumber sticks and bean dip Milk, wheat, metabisulphite	Homemade sweet potato and lentil soup with bread & olive spread Wheat (bread), lentils may contain wheat
Vegetarian tea	Beans on toast with cheese Wheat, milk	Vegetable fingers and Spaghetti Hoops Wheat	Crumpets with cucumber sticks and carrot sticks with a hummus dip Wheat, may also contain soya & milk, sesame seed paste	Cheese on wholemeal toast, cucumber sticks and bean dip Milk, wheat, metabisulphite	Homemade sweet potato and lentil soup with bread & olive spread Wheat (bread), lentils may contain wheat
Dessert	Fruit cocktail	Apple slices and chopped grapes	Melon and pear slices	Apple & pear slices	Melon and pear slices
Afternoon snack	Sliced plums	Strawberries	Toast fingers Wheat	Apple and satsuma	Rice cake with sliced banana May contain sesame seeds, milk, soya