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Contains

MON	<p>Pork meatballs (Quorn meatballs) with butter beans in a red pesto and tomato sauce, served with couscous</p> <p>Date slice with custard</p> <p>Snack: Apple, shortbread and cheese</p>	      
TUES	<p>Salmon pie with peas and sweetcorn</p> <p>Yoghurt and biscuit</p> <p>Snack: Cheese, crackers, and carrot sticks</p>	      
WED	<p>Lentil soup with crusty bread</p> <p>Citrus pudding</p> <p>Snack: Fruit loaf</p>	     
THURS	<p>Mixed bean chilli with rice</p> <p>Apple crumble with ice cream</p> <p>Snack: Pizza fingers</p>	    
FRI	<p>Chicken and leek pie with mashed potato and cabbage</p> <p>Quorn fillet and vegetable pie</p> <p>Rice pudding</p> <p>Snack: Ham sandwiches & cheese sandwiches</p>	      

- ❖ Salads will vary between potato/rice/pasta, coleslaw or grated carrot
- ❖ Fruit and vegetables may change to reflect what is in season
- ❖ Vegetarian meals listed in green

NB: Our menus are prepared with reference to the Action for Children Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings in England published in 2017 and other government guidance.

