



# Summer 2020 Menu Wobbler, Toddler & Preschool



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley
<b>MORNING SNACK</b>	Fruit Salad & Ryvita Allergy Advice Contains Gluten; Wheat	Fruit Salad & Wheat Crackers Allergy Advice Contains Gluten; Wheat	Fruit Salad & Ryvita Allergy Advice Contains Gluten; Wheat	Fruit Salad & Oatcakes Allergy Advice Contains Gluten; Oat	Fruit Salad & Bread Sticks Allergy Advice Contains Gluten; Wheat
<b>DINNER</b>	Spring Vegetable and Lentil Stew with Quinoa Allergy Advice Contains: Celery	Cottage Pie Allergy Advice Contains: Celery, Milk	Lamb Ragu Tagliatelle with Rosemary and Garlic Allergy Advice Contains: Celery, Gluten; Wheat, Milk	Chicken, Butternut Squash and Mushrooms Risotto Allergy Advice Contains: Milk	Meatballs in Dill and Tomato Sauce with Spaghetti Pasta Allergy Advice Contains: Milk, Gluten; Wheat
<b>TEA</b>	Cheddar Cheese, Ham and Paprika Pittas Allergy Advice Contains: Milk, Gluten; Wheat	Turkey, Cream Cheese & Cucumber Sandwiches Allergy Advice Contains: Milk, Gluten; Wheat	Creamy Tomato & Basil Soup with Brown Bread Allergy Advice Contains: Milk, Celery, Gluten; Wheat	Beetroot and Pear Pancakes Allergy Advice Contains: Milk, Gluten; Wheat, Egg	Hawaiian Pizza with Red Onion Allergy Advice Contains: Milk, Gluten; Wheat
<b>EVENING SNACK</b>	Greek Yoghurt & Melon Slices Allergy Advice Contains: Milk	Vegetable Stick's with Hummus Allergy Advice Contains: Celery, Sesame	Lemon and Coconut Flapjacks Allergy Advice Contains: Milk, Gluten; Oat	Ryvita with Avocado Dip Allergy Advice Contains: Milk, Gluten; Wheat	Banana and Cinnamon Spread with Corn Cakes Allergy Advice Contains: None

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley
<b>MORNING SNACK</b>	Fruit Salad & Oatcakes Allergy Advice Contains: Gluten; Oat	Fruit Salad & Bread Sticks Allergy Advice Contains: Gluten; Wheat	Fruit Salad & Ryvita Allergy Advice Contains: Gluten; Wheat	Fruit Salad & Wheat Crackers Allergy Advice Contains: Gluten; Wheat	Fruit Salad & Bread Sticks Allergy Advice Contains: Gluten; Wheat
<b>DINNER</b>	Creamy Salmon and Green Beans Penne Allergy Advice Contains: Milk, Fish, Gluten; Wheat	Chicken Stew with Spring Onion and Mash Potato Allergy Advice Contains: Milk	Beef and Parmesan Risotto Allergy Advice Contains: Milk	Lamb Tagine with Couscous Allergy Advice Contains: Celery, Gluten; Wheat	Turkey & Aubergine Lasagna Allergy Advice Contains: Milk, Gluten; Wheat
<b>TEA</b>	Cheddar Cheese and Tomato Toasties Allergy Advice Contains: Milk, Gluten; Wheat	Fish Goujons with Carrots & Mushy Peas Allergy Advice Contains Fish, Gluten; Wheat	Warm Banana and Yoghurt Bread Allergy Advice Contains: Milk, Gluten; Wheat	Cream of Mushroom Soup with Garlic Bread Allergy Advice Contains Milk, Gluten; Wheat	Ham, Avocado and Rocket Wraps Allergy Advice Contains Gluten; Wheat
<b>EVENING SNACK</b>	Bread Sticks with Tomato Hummus Allergy Advice Contains: Sesame, Celery, Gluten; Wheat	Apple Slices with Yoghurt Allergy Advice Contains: Milk	Oatcakes with Creamy Roasted Pepper Spread Allergy Advice Contains: Milk, Gluten; Oat	Pear and Apple Muffins Allergy Advice Contains: Milk, Gluten; Wheat, Egg	Wheat Crackers with Cheese Slices Allergy Advice Contains: Milk, Gluten; Wheat
<b>Dry Food Suppliers</b> Musgraves Tesco	<b>Country of Origin</b> Lamb Mince— Ireland Round Mince— Ireland	<b>Country of Origin</b> Pork—Ireland Cooked Ham—Ireland	<b>Country of Origin</b> HALAL Chicken Fillets—Germany & Netherlands	<b>Country of Origin</b> Roast Turkey Slices—Ireland Turkey Mince—Poland	<b>Fresh Food Suppliers</b> Fresh Point Musgraves Tesco



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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Choice of Cereals Allergy Advice Contains: Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley
<b>MORNING SNACK</b>	Fruit Salad & Ryvita Allergy Advice Contains: Gluten; Wheat	Fruit Salad & Oatcakes Allergy Advice Contains: Gluten; Oat	Fruit Salad & Bread Sticks Allergy Advice Contains: Gluten; Wheat	Fruit Salad & Ryvita Allergy Advice Contains: Gluten; Wheat	Fruit Salad & Wheat Crackers Allergy Advice Contains: Gluten; Wheat
<b>DINNER</b>	Roasted Cauliflower & Chickpea Casserole with Couscous Allergy Advice Contains: Milk, Celery, Gluten; Wheat	Smokey Beef and Butter Bean Stew with Mash Potato Allergy Advice Contains: Milk, Celery	Chicken Curry with Fresh Coriander & Basmati Rice Allergy Advice Contains: None	Creamy Tomato and Beef Pasta Bake Allergy Advice Contains: Milk, Gluten; Wheat	Mint Lamb with Brown Rice Allergy Advice Contains: Milk, Celery, Gluten; Wheat
<b>TEA</b>	Ham and Cheese Panini Allergy Advice Contains: Milk, Gluten; Wheat	Blueberry and Apple Crumble Loaf Allergy Advice Contains: Milk, Gluten; Wheat	Tuna & Sweetcorn Sandwiches Allergy Advice Contains: Milk, Fish, Gluten; Wheat	Spring Vegetable Soup with Brown Bread Allergy Advice Contains: Milk, Celery, Gluten; Wheat	Pizza with Courgette, Fresh Tomato & Mozzarella Allergy Advice Contains: Gluten; Wheat, Milk
<b>EVENING SNACK</b>	Orange and Cocoa Flapjacks Allergy Advice Contains: Milk, Gluten; Oat	Creamy Avocado Dip with Veg Sticks Allergy Advice Contains: Milk	Parmesan and Basil Scones Allergy Advice Contains: Milk, Gluten; Wheat	Breadsticks with Creamy Honey Dip Allergy Advice Contains: Milk, Gluten; Wheat	Corncakes with Mixed Herb Cream Cheese Allergy Advice Contains: Gluten; Wheat, Milk

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley	Choice of Cereals Allergy Advice Contains; Milk, Gluten; Malt, Oat, Wheat, Barley
<b>MORNING SNACK</b>	Fruit Salad & Ryvita Allergy Advice Contains: Gluten; Wheat	Fruit Salad & Bread Sticks Allergy Advice Contains: Gluten; Wheat	Fruit Salad & Oatcakes Allergy Advice Contains: Gluten; Oat	Fruit Salad & Ryvita Allergy Advice Contains: Gluten; Wheat	Fruit Salad & Wheat Crackers Allergy Advice Contains: Gluten; Wheat
<b>DINNER</b>	Tuna Carbonara with Wholegrain Spaghetti Allergy Advice Contains: Milk, Fish, Gluten; Wheat	Chicken, Mushroom and Leek Pie Allergy Advice Contains: Milk, Celery	Garlic and Green Bean Beef with Noodles Allergy Advice Contains: Egg, Gluten; Wheat	Creamy Chicken and Broccoli with Brown Rice Allergy Advice Contains: Milk	Beef & Spinach Lasagne Allergy Advice Contains: Milk, Gluten; Wheat
<b>TEA</b>	Turkey, Tomato and Swiss Cheese Ciabatta Allergy Advice Contains: Milk, Gluten; Wheat	Roasted Peppers and Mozzarella Focaccia Allergy Advice Contains: Milk, Gluten; Wheat	Cheesy Quesadillas with Tomato & Avocado Salsa Allergy Advice Contains: Milk, Gluten; Wheat	Strawberry and Lemon Sponge Allergy Advice Contains: Milk, Egg, Gluten; Wheat	Pea, Kale and Mint Soup with Brown Bread Allergy Advice Contains: Milk, Celery, Gluten; Wheat
<b>EVENING SNACK</b>	Blueberry & Oat Muffins Allergy Advice Contains: Milk, Gluten; Wheat, Oat, Egg	Corncakes with Herbed Cream Cheese Allergy Advice Contains: Milk	Greek Yoghurt and Banana Allergy Advice Contains: Milk	Oatcakes with Pepper Hummus Allergy Advice Contains: Sesame, Gluten; Oat	Breadsticks with Tzatziki Dip Allergy Advice Contains: Milk, Gluten; Wheat
<u>Dry Food Suppliers</u> Musgraves Tesco	<u>Country of Origin</u> Lamb Mince— Ireland Round Mince— Ireland	<u>Country of Origin</u> Pork—Ireland Cooked Ham—Ireland	<u>Country of Origin</u> HALAL Chicken Fillets—Germany & Netherlands	<u>Country of Origin</u> Roast Turkey Slices—Ireland Turkey Mince—Poland	<u>Fresh Food Suppliers</u> Fresh Point Musgraves Tesco