

Sunbeams Menu – Week 2



Ingredients or products containing allergens and what they are in **BOLD**

Breakfast	Snack AM	Dinner	Snack PM	Dietary Info
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit and oat cake GLUTEN	Ocean pie, peas and carrots Chocolate Mousse FISH, GLUTEN, MILK	Bread stick and houmous GLUTEN, SESAME SEED	Fish, sweet potato At least 4 fruit/veg 1 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit and yoghurt MILK	Quorn Bolognese and spaghetti Homemade biscuit EGG, GLUTEN, MILK, Beef bolognaise - GLUTEN	Bagel and apple slices GLUTEN	Vegetarian, Pasta At least 4 fruit/veg 1 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit and rice cake	Chicken Curry, Brown rice and naan bread Jelly GLUTEN MILK	Frozen yoghurt and banana MILK	Poultry, wholegrain rice At least 4 fruit/veg 1 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit	Shepherd's pie, cabbage, swede and gravy Custard and fruit compote MILK, SOYA	Organix with carrot and cucumber ribbons MILK	Red meat, potato At least 4 fruit/veg 1 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit and rice cake	Baked potato, tuna mayo and sweetcorn Lemon Sponge FISH, EGG, MILK, GLUTEN	Crackers and cheese spread GLUTEN, MILK	Vegetarian/oily fish, potato At least 4 fruit/veg 1 dairy

All recipes and ingredients are copied and kept for reference marked **ALLERGENS IN FOOD** in the kitchen, please ask a member of staff.