

Sunbeams Menu – Week 1



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 yoghurt MILK	Fish Fingers, chips and beans Banana Muffin FISH, GLUTEN, EGG, MILK	Crispbread, spread and ham slice	Fish, potato At least 4 fruit/veg 2 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit and rice cake	Turkey, sweet potato mash, broccoli, carrots and gravy Jelly SOYA	Organix	Poultry, 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 oat cake GLUTEN	Pasta Bake and bread roll Ice cream GLUTEN MILK CELERY	Apple, pineapple and cheese rockets MILK	Vegetarian, wholegrain rice At least 4 fruit/veg 2 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit and rice cake	Jacket Potato, spaghetti hoops and cheese Pancake, strawberries and cream MILK, EGG	Carrot and cucumber ribbons with breadstick GLUTEN	Vegetarian, potato At least 4 fruit/veg 2 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. GLUTEN, MILK, CELERY, SOYA	Fruit	Homemade burger, wedges and peas Angel delight and shortbread fingers EGG, MILK, GLUTEN	Cheese twists and tomatoes	Red meat, potato At least 4 fruit/veg 2 dairy

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