

# Sunbeams Menu – Week 4



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. <b>GLUTEN, MILK, CELERY, SOYA</b>	Fruit and yoghurt <b>MILK</b>	Chicken curry, butternut squash, rice & naan bread Pancake, banana and cream <b>GLUTEN, MILK</b>	Rice cake and apple slices	Poultry, brown rice and bread At least 4 fruit/veg 2 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. <b>GLUTEN, MILK, CELERY, SOYA</b>	Fruit and oatcake <b>GLUTEN</b>	Sausage, roast potatoes, broccoli, cauliflower gravy Rice crispy cake <b>GLUTEN, MILK, SOYA</b>	Cheddar and Cheese <b>MILK</b>	Red meat, potato At least 4 fruit/veg 1 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. <b>GLUTEN, MILK, CELERY, SOYA</b>	Fruit and rice cake	Quorn Bolognese and spaghetti Angel Delight <b>GLUTEN, Beef bolognese - GLUTEN</b>	Toasted Muffin and banana <b>GLUTEN</b>	Vegetarian, pasta At least 4 fruit/veg 1 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. <b>GLUTEN, MILK, CELERY, SOYA</b>	Fruit	Cheese and potato pie, sweetcorn and ham Jelly <b>MILK, GLUTEN</b>	Frozen Yoghurt with strawberries <b>MILK</b>	Potato, meat At least 4 fruit/veg 1 dairy
Original Oats, Cheerios, Rice Crackles, Wheat Biscuits. Toast with spread, jam or Marmite. <b>GLUTEN, MILK, CELERY, SOYA</b>	Fruit and oatcake <b>GLUTEN</b>	Ocean pie, peas and carrots Yoghurt <b>FISH, GLUTEN, MILK,</b>	Breadstick and houmous <b>GLUTEN, SESAME SEED</b>	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.