


## La Petite Academy Summer Menu: Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Crispbread and cottage cheese (MI)	Sugar snap peas and mint yoghurt (MI)	Cheesy courgette rounds (E, G, MI)	Mixed peppers	Red Leicester strips (MI)
Lunch	Chicken and stir fry vegetables in hoisin sauce with noodles (E, G)  Bananas, Greek yoghurt and red fruit coulis (MI)	Tuna fishcakes, new potatoes, peas and parsley sauce (F, G, MI, MU)  Fruit salad	Vegetable (leeks, peas, sweetcorn) macaroni cheese bake with salad- V (G, MI)  Butternut squash and cranberry squares (E, G, MI)	Shepherd's pie, broccoli, cauliflower and gravy (G, SO)  Lemon cheesecake (E, G, MI)	Chicken nuggets, herby potatoes, peas, sweetcorn and mayonnaise (E, G, MI)  Fruit and yoghurt (MI)
PM Snack	Cucumber sticks	Multigrain crackers (G)	Rice cakes	Marmite on water biscuit (G)	Carrot sticks
Tea	Cheese on toast- V (MI)  Kiwi slices	Potato wedges and baked beans- V  Pear slices	Tuna, sweetcorn and cucumber sandwiches (F, SO)  Strawberries	Salmon and pea pasta (F, G)  Plum slices	Salad wraps - V (G)  Apple slices
Allergen Key	 <p>CR = crustaceans/ molluscs    CE = celery    E = eggs    F = fish    G = gluten/wheat</p> <p>L = lupin    MI = milk    MU = mustard    N = nuts    P = peanuts</p> <p>SE = sesame seeds/oil    SO = soya    SU = sulphur dioxide</p>				

Daily Breakfast: A variety of cereals, including Shredded Wheat and Weetabix, with milk served with a selection of fruit and wholemeal toast. (G, MI)

All toast and sandwiches are made with wholemeal bread.

Milk is offered to drink at breakfast and snack times. Water is always available.

Plant based and dairy free options always available. Vegetarian meals above marked with a V. All snacks and desserts are vegetarian.