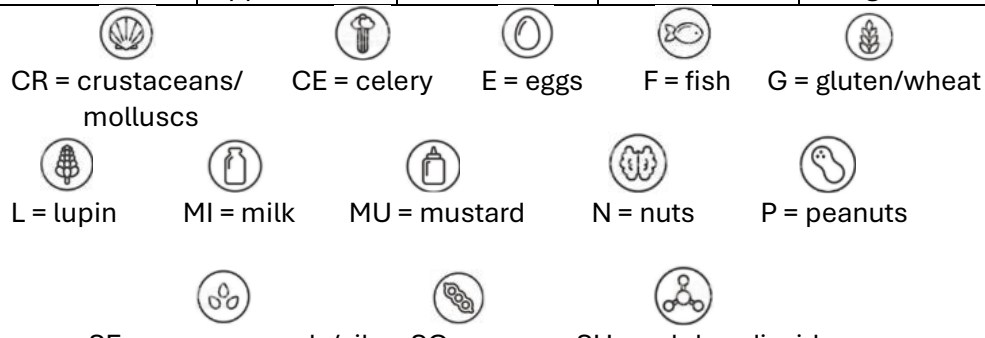


## La Petite Academy Summer Menu: Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cucumber sticks	Marmite water biscuits (G)	Carrot sticks and guacamole (SU)	Breadsticks (G, SO)	Vegetable tortillas (G)
Lunch	Mozzarella and mixed pepper tart, potatoes and tomato salsa- V (G)  Pineapple and yoghurt (MI)	Lamb mince and onions in gravy, Yorkshire pudding, red cabbage and mash (E, G, SO)  Stewed apples with vanilla sauce (MI)	Cheesy vegetable gnocchi bake with salad (lettuce, spring onion, cucumber) - V (G, MI)  Fruit salad and fromage frais (MI)	Chicken and asparagus pesto pasta with salad (carrot, sweetcorn, red cabbage) (G, MI)  Banana with Greek yoghurt and fruit coulis (MI)	Minted lamb burgers, baked chipped potatoes, coleslaw and tomato and basil dip (G, MI, SO)  Citrus loaf cake with fresh oranges (E, G, MI)
PM Snack	Pitta strips and salsa dip (G)	Homemade vegetable crisps	Garlic crackers (G)	Mixed peppers and hummus	Rosemary and feta cheese loaf (MI)
Tea	Turkey and cheese baguette (G, MI)  Bananas	Potato wedges and baked beans- V  Apples	Tuna and sweetcorn pasta (F, G)  Plums	Egg mayonnaise muffins- V (G)  Pears	Sausage sandwiches- V (E, GI, MI)  Orange wedges
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.