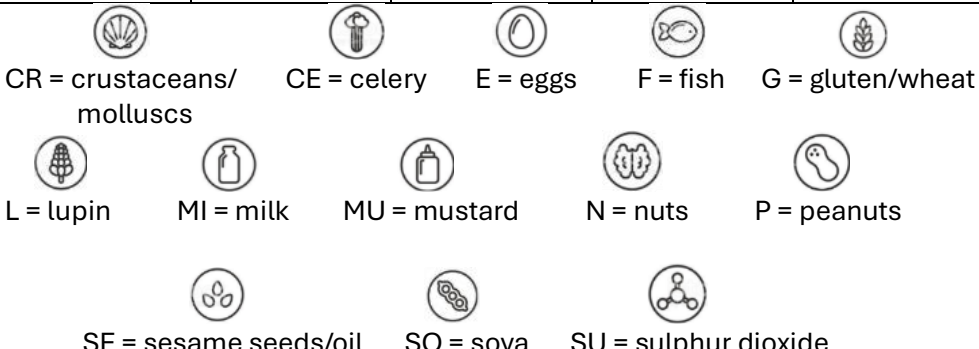


La Petite Academy Summer Menu: Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Edam slices (MI)	Carrot sticks	Crumpets (G)	Mixed peppers	Garlic toast (G, SO)
Lunch	Lamb and carrot wholemeal pasta bake and garlic bread (C, G, MI) Peach crumble and custard (MI, G)	Veggie meatballs in tomato and vegetable sauce with linguine (G, C)- V Spiced apple thins with Greek yoghurt (MI)	Turkey meatloaf, garlic potatoes, broccoli, green beans and gravy (G, MI, SO) Cherries and jelly	Chicken enchiladas, sweetcorn rice, sour cream and guacamole (E, G, MI, SO) Fruit salad	Sausage, lentil and mixed bean casserole, parsnip mash and carrots- V (C, G, MI) Watermelon slices and wafers (G, SO)
PM Snack	Vegetable tortillas (G, MI)	Multigrain crackers (G)	Cucumber sticks	Oatcakes and cheese spread (G, MI)	Sugar snap peas with mint yoghurt (MI)
Tea	Potato wedges and hummus- V Pear pieces	Chicken sandwiches (G, MI) Strawberries	Wholemeal bagels with cream cheese- V (G, MI, SE) Bananas	Cheesy mixed beans on toast- V (G, MI, SO) Apple slices	Salmon and pea pasta (F, G, MI) Kiwi 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.