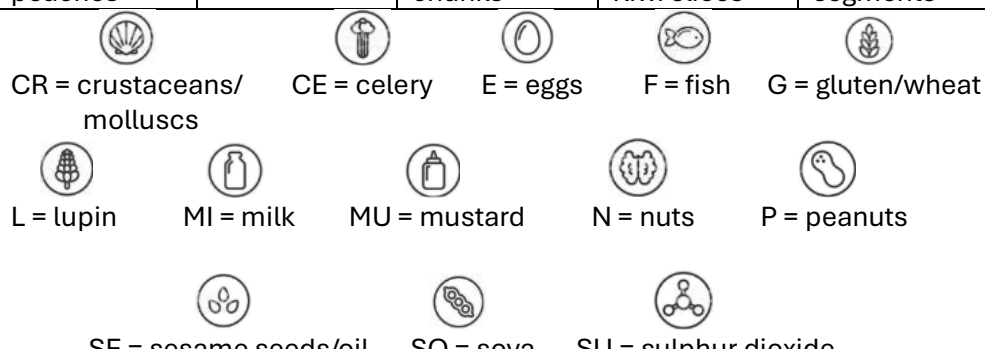


## La Petite Academy Summer Menu: Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Carrot sticks	Rice cake	Marmite on toast (G, SO)	Tortilla chips and salsa (G)	Cucumber sticks
Lunch	Jacket potato, tuna mayonnaise, baked beans, grated cheese and salad (F, MI)  Fruit salad and yoghurt (MI)	Roast chicken, Yorkshire pudding, peas, sweetcorn, mashed potato and gravy (E, G, SO)  Sweet potato loaf with fruit (E, G, MI)	Cauliflower cheese, spinach pasta bake, salad (carrot, peppers, red cabbage, spring onions)- V (G, MI)  Stewed apple and fromage frais (MI)	Chicken tikka masala, mushroom pilau rice and naan bread (G, MI)  Mandarin segments in orange jelly	Salmon and sweetcorn potato gratin with green beans (F, MI)  Strawberries with Greek yoghurt and meringue (E, MI)
PM Snack	Melba toast with salsa (G, SO)	Cheese sticks (MI)	Buttered crackers (G, MI)	Baby corn	Breadsticks and hummus (G, SE, MI)
Tea	Cheesy muffins- V  Sliced peaches	Fishfinger sandwiches (F, G, MI, SO)  Apple slices	Ham, cheese and tomato pizza toast (G, MI)  Pineapple chunks	Caprese pasta salad- V (MI, SO)  Kiwi slices	Baked beans on toast- V (G)  Orange segments
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.