


La Petite Academy Winter Menu: Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Toasted crumpets (G, MI)	Carrot batons	Crispbread & cottage cheese (G, MI)	Oat cakes (G)	Multigrain crackers (G, SU)
Lunch	Lamb & carrot Bolognese with wholemeal pasta and garlic bread (CE, G, MI) Fruit salad & yoghurt (MI)	Homemade chicken nuggets, herby potatoes, peas & sweetcorn (E, G) Sweet potato loaf (E, G, MI)	Fish curry with vegetable rice & chapatti (F, G) Oaty peach crumble & custard (G, MI)	Cheesy asparagus & broccoli pasta with mixed green salad- V (CE, G, MI) Stewed apple & fromage frais (MI)	Roast chicken with vegetables, mashed potatoes and gravy (CE, E, G, MI) Bananas & rice pudding (MI)
PM Snack	Mixed pepper fingers	Melba Toast & salsa dip (G, SO)	Cheese sticks (MI)	Parsnip crisps	Cucumber sticks with tzatziki (MI)
Tea	Potato wedges & baked beans- V Apples	Tuna & sweetcorn pasta (F, G) Pears	Sausage sandwiches- V (E, G, MI) Oranges	Wholemeal baguette with ham & chicken (G, MI) Kiwi	Cheesy mixed beans on toast- V (G, MI) Melon
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.