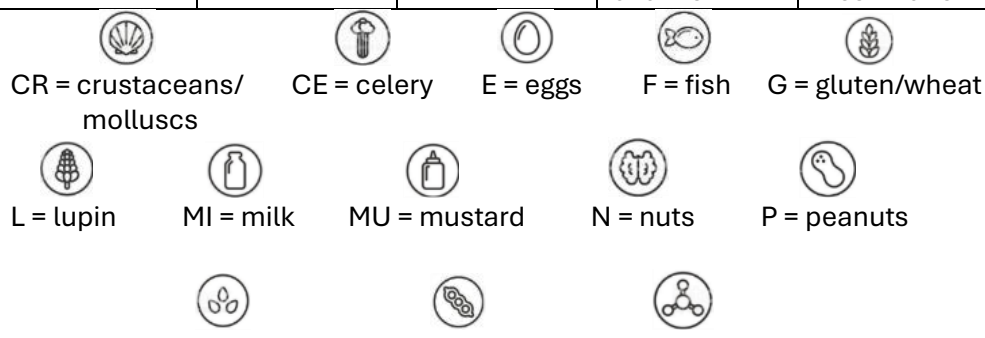


La Petite Academy Winter Menu: Week Two

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|--|--|--|---|---|
| AM Snack | Cucumber sticks | Marmite soldiers (G, SO) | Multigrain crackers (G, SU) | Carrot batons | Rice cakes |
| Lunch | Sausage, lentil & mixed bean casserole with potato & parsnip mash and broccoli- V (C, G, MI, SU) Cinnamon tortilla chips & fruit salsa (G) | Shepherd's pie with red cabbage & Yorkshire pudding (E, G, MI) Stewed apple & rice pudding (MI) | Chicken & vegetable lasagne with garlic bread (G, MI) Jelly & raspberries | Tuna fishcakes, new potatoes & peas with parsley sauce (F, G, MI, MU, SO) Lemon sponge with blueberries (E, G, MI) | Cheesy turkey, pepper & mushroom Bolognese with wholemeal pasta (G, MI) Fruit plait & custard (E, G, MI) |
| PM Snack | Garlic crackers (G) | Cheese sticks (MI) | Cheesy courgette rounds (G, MI) | Pitta strips & hummus (G, MI) | Vegetable tortilla rolls (G) |
| Tea | Chicken salad sandwiches (G, MI, SO) Plums | Salmon & pea pasta (F, G, MI) Oranges | Baked beans on toast- V (G, SO) Bananas | Pizza toasties with sliced tomatoes- V (G, MI, SO) Pineapple chunks | Tuna, sweetcorn & mayo sandwiches (F, G, MI) Fresh fruits |
| 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.