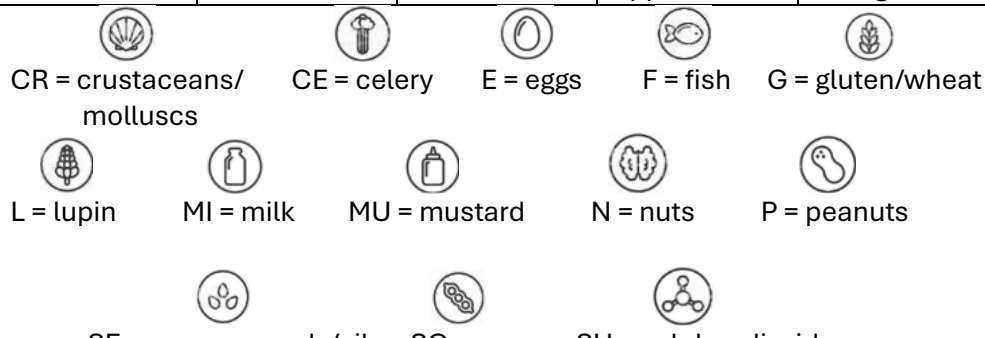


La Petite Academy Winter Menu: Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Mixed pepper fingers	Rosemary and feta loaf (E, G, MI)	Cucumber sticks	Mozzarella & tomatoes (MI)	Garlic soldiers (G, MI, SO)
Lunch	Tuna & sweetcorn wholemeal pasta bake with bread and beetroot salad (F, G, MI) Lime & ginger cheesecake with citrus fruits (G, MI, SO)	Cheese, onion & spinach potato pie with beans- V (MI) Raisin rice pudding (MI)	Chicken & mixed vegetable stir fry with noodles (E, G) Spiced apples & Greek yoghurt (MI)	Turkey, mushroom & sweetcorn pie, garlic potatoes, roasted parsnips & squash (G, MI, SO) Forest fruit oaty crumble & custard (G, MI)	Shepherd's pie with carrot & swede mash, broccoli, cauliflower & gravy (G, MI, SO) Fruit salad & fromage frais (MI)
PM Snack	Breadsticks & guacamole (G, SU)	Carrot batons	Multigrain crackers (G, SU)	Marmite on water biscuits (G)	Olives & feta cheese (MI)
Tea	Ham & cheese toasties (G, MI, SO) Pears	Fish finger sandwiches (F, G, MI, SO) Kiwi	Egg mayonnaise muffins- V (E, G, SO) Bananas	Potato wedges & hummus- V (SE) Apples	Spaghetti hoops on toast (G) Oranges
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.