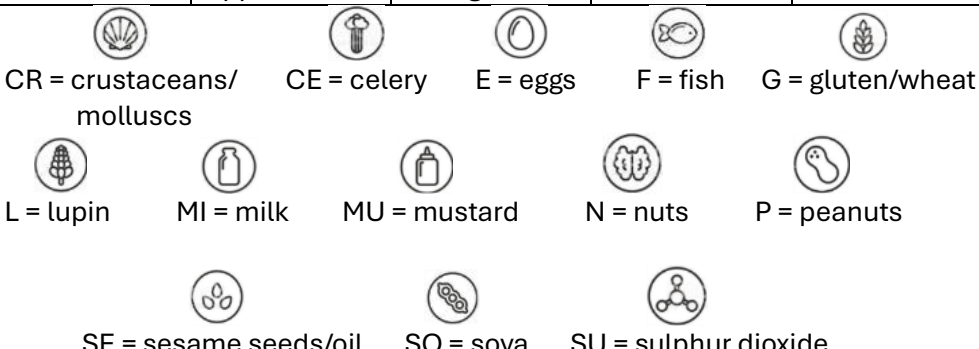


La Petite Academy Winter Menu: Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Melba toast & salsa (G, SO)	Rice cakes	Cucumber sticks	Marmite soldiers	Cheese sticks (MI)
Lunch	Roast chicken dinner with trimmings (G, SO) Bananas & custard (MI)	Chicken enchiladas, sweetcorn rice, sour cream & guacamole (E, G, MI) Butternut squash & cranberry squares (E, G, MI)	Lamb chilli con carne with jacket potatoes Jelly & cherries	Salmon & sweetcorn potato gratin with green beans (F, MI) Vegetable cake with vanilla sauce (E, G, MI)	Macaroni cheese with leek, peas & sweetcorn with beetroot salad- V (G, MI) Fruit salad & fromage frais (MI)
PM Snack	Carrot batons	Mixed pepper fingers	Cream crackers (G)	Sweet potato crisps	Pitta strips & guacamole (E, G, MI)
Tea	Fish finger sandwiches (F, G, MI, SO) Melon	Scrambled eggs on toast- V (E, MI, G, SO) Apples	Cheese & ham wraps with tomatoes (G, MI) Oranges	Bagels with cream cheese- V (G, MI, SE) Kiwi	Baked beans & mash- V 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.