

MARGARET MCMILLAN
MENU WEEK ONE

MONDAY












TUESDAY

WEDNESDAY

THURSDAY






















FRIDAY

BREAKFAST

Weetabix with Milk (V) or Soya Milk (VE) 	Berry Porridge made with Milk (V) or Soya Milk (VE) 	Weetabix with Milk (V) or Soya Milk (VE) 	Berry In a Bowl Porridge made with Milk (V) or Soya Milk (VE) 	Pancake(VE) 
Boiled Egg (V), Wholemeal Soldiers (VE) & Roasted Tomatoes (VE) 	Bagel (V) 	Red Pepper Frittata (V) Toasted English Muffin (V) 	Crumpets (V) with Spread (VE) Pineapple Pieces (VE) 	Bagel (V) Berries & Watermelon (VE) 
	Apple Wedges (VE) 			












MORNING SNACK

LUNCH

Classic Soya Mince Spaghetti Bolognese (VE) with Wholemeal Pasta (VE) 	Vegetable Sticks (VE) with Yoghurt & Mint Dip (V) 	Mildly Spiced Mixed Bean Jollof Rice (VE) 	Vegan Soya Chilli with 50/50 Rice (V) 	Breaded Fish (V) Chips (VE) 
Hearty Beef & Lentil Bolognese with Wholemeal Pasta 	Salmon Fishcake with Steamed Baby New Potatoes 	Chicken Jollof Rice 	Mexican Beef With 50/50 Rice 	Plant Sausage (V) Chips (VE) 
Broccoli (VE) Sweetcorn (VE) & Mixed Leaf Salad (VE) 	Steamed Peas (VE), Baked Beans (VE) & Sweetcorn Salsa (VE) 	Green Beans (VE), Red Cabbage (VE) & Grated Carrot & Raisin Salad (VE) 	Carrot & Courgette Medley (VE) & Broccoli Floret Salad (VE) 	Baked Beans(VE), Peas(VE) & Carrot Sticks (VE) 
Natural Yoghurt (V) with Strawberries (VE) 	Rice Pudding & Mixed Berries 	Strawberry & Peach Jelly (VE) 	Pear Cobbler (VE) with Custard (V) 	Natural Yoghurt (V) & Banana Fingers (VE) 
A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE) 				

AFTERNOON SNACK

TEA

Cucumber Dip (VE) & Crudites (VE) 	Pear (VE) & Cheese Slices (V) 	Wholemeal Tuna Pasta Bake or Wholemeal Lentil Pasta Bake (VE) With Broccoli (VE) 	Baked Beans (VE) on 50% Wholemeal Toast (VE) with Mushrooms (VE) 	Afternoon Tea Picnic 
Cheese on Toast (V) with Carrot and Beetroot Slaw (VE) 	Soup of the D(VE) 	Natural Yoghurt (V) with Orange Wedges 	Melon (VE) & Natural Yoghurt (V) 	Rolls: egg mayonnaise (V), cream cheese and cucumber (V) Tuna (V) 
				Fruit & Veg: Pineapple (VE) & Tomato Quarters (VE) 

MENU KEY



Added Plant Protein



Local Red Tractor Meat



Low Carbon Planet Friendly



Wholemeal



Contains Flaxseed (High in Omega-3)



Local, Seasonal Fruit & Veg

(V) Vegetarian (VE) Vegan

Available Daily:

- Daily salad selection (V/VE)
- Fresh Fruit (VE)
- Natural Yoghurt (V)
- Drinking Milk (V/VE)
- Tap Water

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.

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feeding the imagination

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Berry Porridge made with Milk (V)
or
Soya Milk (VE)

Weetabix with Milk (V) or
Soya Milk (VE)

Apple and Cinnamon
Porridge made with
Milk (V) or Soya
Milk (VE)

Berry Porridge made with Milk (V)
or
Soya Milk (VE)

Weetabix with Milk (V) or
Soya Milk (VE)

Wholemeal Toast (VE)

Boiled Egg (V),
English Muffin (V) and
Roasted Tomatoes (VE)

Crumpets (V) with Spread (VE)

Toasted White Bagel (V)

Pancake

Fresh Orange Wedges (VE)

Banana Fingers (VE)

Fresh Pear Slices (VE)

**MORNING
SNACK**

LUNCH

Cheese and Tomato Pizza

Melon Boats (VE) & Cheese Slices
(V)

Creamy Macaroni Cheese (V)
with Garlic & Herb Bread (VE)

Parsnip & Sweet Potato Loaf (V)
with Roast Potatoes or New
Potatoes (VE) & Gravy (VE)

BBQ Quorn Pieces (V) with Chips(V
E)

Wholemeal Vegetables Pasta
Bake (no Cheese)
For Baby

Roasted Cauliflower Curry (VE)
With Rice (VE)

Creamy Salmon and Spinach
Pasta Bake with Garlic & Herb
Bread

Roast Chicken Roast Potatoes or
New Potatoes & Gravy

Battered Fish and Chips

Steamed Carrots &
Peas (VE) &
Pepper Sticks (VE)

Chicken Tikka Masala
with Rice

Broccoli (VE) Cauliflower (VE)
Cucumber & Tomato Salad (VE)

Roasted Cabbage (VE),
Cauliflower (VE)
& Rainbow Slaw (VE)

Baked Beans (VE), Peas (VE) &
Cucumber Salad (VE)

Natural Yoghurt (V) Fruits of the
Forest (VE)

Green Beans (VE), Sweetcorn (VE)
&
Cherry Tomato Quarters (VE)

Bananas (VE) & Custard (V)

Apple & Blackberry Crumble
(VE) with Ice Cream (V)

Natural Yoghurt (V)
& Fresh Fruit Salad (VE)

Apple Flapjack

**AFTERNOON
SNACK**

A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE)

TEA

Herby Chicken and
Bean Wrap with
Courgettes (VE)
or
Wholemeal Cheese & Tomato
Quiche (V)
with Courgettes (VE)
~
Orange Slices (VE)

Wholemeal Cheese and Tomato
Pizza (V) with Sweet Potato Salad
(VE)

Seasonal Apples
Wedges (VE)

Crudites (VE) with Butterbean Dip
(VE)

Pea, Spinach and Tomato Frittatas
(V) with Herby Couscous (VE) and
Sweetcorn(VE)

Tomato, Lentil & Basil
Pasta (VE)
with Carrot Sticks (VE)

Berries (VE) with Natural Yoghurt
(V)

Afternoon Tea Picnic

Sandwich Triangles: egg
mayonnaise (V), cheese and
tomato (V) Tuna(V)

Fruit & Veg: Melon (VE) & Carrot
Sticks (VE)

MENU KEY



Added
Plant
Protein



Local
Red Tractor
Meat

Low Carbon
Planet
Friendly



Wholemeal



Contains Flaxseed
(High in Omega-3)



Local,
Seasonal
Fruit & Veg

(V) Vegetarian
(VE) Vegan

Available Daily:

- Daily salad selection (V/VE)
- Fresh Fruit (VE)
- Natural Yoghurt (V)
- Drinking Milk (V/VE)
- Tap Water

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MONDAY






TUESDAY



WEDNESDAY




THURSDAY



FRIDAY




BREAKFAST

 Banana Porridge made with Milk (V) or Soya Milk (VE) 
Wholemeal Toast (V) 
 Apple Wedges (VE) 

Weetabix (VE) with Milk (V) or Soya Milk (VE) 
 Boiled Egg (V), White Bagel (V) and Roasted Tomatoes (VE)

Apple and Cinnamon Porridge made with Milk (V) or Soya Milk (VE) 
English Muffin (V) with Spread (VE)  Orange Wedges (VE) 


Weetabix (VE) with Milk (V) or Soya Milk (VE) 
Scrambled Eggs with Homemade Baked Beans (V), 


 Berry Porridge made with Milk (V) or Soya Milk (VE) 
Pancake (V)
Banana Slices (VE) 


MORNING SNACK


LUNCH


Cheese & Tomato Pizza (V) 
 BBQ Chicken Pizza 
Sweetcorn (VE) Carrots (VE) & Fresh Broccoli Salad (VE)


Eves Pudding (V) with Custard (V) 



Plant Burger (VE) with Sweet Potato Wedges (VE) 

 Beef Burger with Sweet Potato Wedges



Green Beans (VE) Roasted Peppers (VE) & Homemade Coleslaw (V) 

Natural Yoghurt (V) with Strawberries (VE) and Blackberries (VE) 



Vegetable Sticks (VE) with Yoghurt Mint Dip (V)
Soya Mince Cottage Pie(VE) with Gravy (VE) 

 Cottage Pie with Gravy 

Roasted Carrots (VE), Tomatoes (VE) Swede (VE)

 Chocolate Beetroot Brownie 


 Chefs Special Moroccan Vegetable & Chickpea Couscous (VE) 


 Cauliflower (VE) Cucumber and Tomato Salad (VE) & Mixed Leaf Salad (VE) 

Apple & Blackberry Crumble with Custard (V)

Broccoli Swirls (V) with Chip (VE)

Traditional Fish Fingers with Chip (VE)



Steamed Peas (VE) Baked Beans (VE), Sweet Potato & Coriander Salad (VE) 


Natural Yoghurt (V) and Fresh Fruit Salad (VE) 


A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE)



AFTERNOON SNACK



TEA

Jacket Potato (VE) with Baked Beans (VE) or Tuna and Sweetcorn with Cucumber and Beetroot Salad (VE) 
Apple Slices (VE) with Natural Yoghurt (V) 

Wholemeal Tomato & Lentil Pasta (VE) with Peas (VE) 
Orange Wedges (VE) & Natural Yoghurt (V)

Melon Boats (VE) ~
Red Pepper and Cheese Frittata (V) with Parsley Potatoes (VE) and Broccoli (VE) 

 Chicken & Bean or Vegetable & Bean Fajitas (VE) with 50% Wholemeal Rice (VE) 
Natural Yoghurt (V) & Banana (VE)

Afternoon Tea Picnic
Sandwich Triangles: egg mayonnaise (V), cheese and tomato (V) Tuna (V) ~
 Fruit & Veg: Peach (VE) & Cucumber Sticks (VE) 

MENU KEY



Added Plant Protein



Local Red Tractor Meat



Low Carbon Planet Friendly



Wholemeal



Contains Flaxseed (High in Omega-3)



Local, Seasonal Fruit & Veg

(V) Vegetarian (VE) Vegan

Available Daily:

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