

Oak Tree Weekly Menu – Week One

	Monday	Tuesday	Wednesday	Thursday
Breakfast	Porridge, Cereal, Toast & Fruit <i>Contains: Dairy, Gluten & Oats</i>	Scrambled Eggs on Toast, Fruit <i>Contains: Gluten, Egg</i>	Porridge, Cereal, Toast & Fruit <i>Contains: Dairy, Gluten & Oats</i>	Beans on Toast, Fruit <i>Contains: Gluten</i>
	Milk or Water to Drink			
Lunch	Macaroni Cheese with Broccoli and Butterbeans <i>Contains: Gluten, Dairy, Celery, Mustard</i>	Fish Coconut Curry with Vegetable Rice <i>Contains: Fish</i>	Savoury Minced Beef with New Potatoes, Carrots & Peas <i>Contains: Celery, Gluten</i>	Paprika Pork Casserole with Tomatoes & Vegetables <i>Contains: Celery</i>
		Vegetarian / Vegan Tofu Coconut Curry with Vegetable Rice <i>Contains: Soya</i>	Vegetarian / Vegan Savoury Soya Mince with New Potatoes, Carrots & Peas <i>Contains: Celery</i>	Vegetarian / Vegan Paprika Mixed Bean Casserole with Tomato & Vegetables <i>Contains: Mustard & Celery</i>
Dessert	Homemade Banana Cake <i>Contains: Gluten, Egg, Dairy</i>	Orange & Mango Jelly with Ice Cream <i>Contains: Dairy & Pork</i>	Homemade Flapjacks with Fresh Ginger & Flaxseeds <i>Contains: Dairy, Oats</i>	Greek Yoghurt with Hot Summer Fruit <i>Contains: Dairy</i>
	Vegetarian / Vegan Banana Cake Gluten <i>Contains: Gluten</i>	Vegetarian / Vegan Ice Cream & Fruit	Vegetarian / Vegan Homemade Flapjacks with Fresh Ginger & Flaxseeds <i>Contains: Oats</i>	Vegetarian / Vegan Koko Yoghurt with Hot Summer Fruits
Afternoon Tea	Pizza with Mozzarella, Chicken & Peppers and Side Salad <i>Contains: Gluten, Dairy</i>	Homemade Tomato & Lentil Soup with Wholemeal Bread <i>Contains: Gluten, Celery</i>	Spring Pasta Salad with a Basil & Garlic Dressing <i>Contains: Gluten</i>	Sandwich Platter with a selection of Cheese, Egg, Tuna & Salad <i>Contains: Gluten, Dairy, Egg, Fish</i>
	Vegetarian / Vegan Pizza with Roasted Chickpea & Peppers		Vegetarian / Vegan Spring Pasta Salad with a Fresh Basil & Garlic Dressing	Vegetarian / Vegan Vegan Cheese, Hummus, Salad
	Fresh fruit is given after every tea, water is available at water stations all day, children are encouraged to serve meals			

Oak Tree Weekly Menu – Week Two

	Monday	Tuesday	Wednesday	Thursday
Breakfast	Porridge, Cereal, Toast & Fruit <i>Contains: Dairy, Gluten & Oats</i>	Homemade Pancakes with Greek Yoghurt & Summer Fruits <i>Contains: Gluten, Egg, Dairy</i>	Porridge, Cereal, Toast & Fruit <i>Contains: Dairy, Gluten & Oats</i>	Cheese on Toast, Fruit <i>Contains: Gluten</i>
	Milk or Water to Drink			
Lunch	Smoked Haddock Kedgeree with Peas <i>Contains: Fish, Dairy</i>	Spaghetti Bolognese served with Green Beans <i>Contains: Gluten, Celery</i>	Sausages with Potatoes, Sweetcorn, Buttered Carrots & Onion Gravy <i>Contains: Celery, Gluten, Dairy</i>	Chicken and Vegetable Mild Curry served with Basmati Rice <i>Contains: Mustard</i>
	<u>Vegetarian / Vegan</u> Spicy Chickpea and Vegetable Rice	<u>Vegetarian / Vegan</u> Soya Bolognese served with Green Beans <i>Contains: Soya</i>	<u>Vegetarian / Vegan</u> Vegan Sausages with Potatoes, Sweetcorn, Buttered Carrots & Onion Gravy <i>Contains: Celery, Soya, Gluten</i>	<u>Vegetarian / Vegan</u> Lentil and Spinach Dhal served with Basmati Rice <i>Contains: Mustard</i>
Dessert	Fromage Frais <i>Contains: Dairy</i>	Homemade Carrot Cake <i>Contains: Gluten, Egg</i>	Bananas and Ice Cream <i>Contains: Dairy</i>	Fresh Fruit Salad
	<u>Vegan Dessert</u> Alpro Yoghurt	<u>Vegan Dessert</u> Homemade Carrot Cake <i>Contains: Gluten</i>	<u>Vegan Dessert</u> Bananas and Soya Ice Cream <i>Contains: Soya</i>	
Afternoon Tea	Carrot Lentil Soup with Crusty Rolls <i>Contains: Gluten, Celery</i>	Cheese & Onion Quiche served with a Side Salad <i>Contains: Gluten, Dairy, Egg</i>	Stuffed Baked Pitta Pockets with Ham & Cheese <i>Contains: Gluten, Pork, Dairy</i>	Potato Wedges served with Homemade Honey & Mustard Coleslaw with Kidney Beans <i>Contains: Gluten, Dairy, Egg, Fish, Mustard</i>
		<u>Vegan Tea</u> Tofu Quiche served with a Side Salad	<u>Vegan Tea</u> Stuffed Pitta Pockets with Hummus	
	Fresh fruit is given after every tea, water is available at water stations all day, children are encouraged to serve meals			