















# Rainbow Weekly Menu



All our food is homemade and cooked on site by our Chef, the Menu changes weekly to incorporate seasonal produce in our dishes.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Choice of Cereals Wholemeal Toast  G DA	Choice of Cereals Wholemeal Toast  G DA	Choice of Cereals Wholemeal Toast  G DA	Choice of Cereals Wholemeal Toast  G DA	Choice of Cereals Wholemeal Toast  G DA
<b>Snack</b>	Fruit Selection  G DA 	Toasted Teacake  G DA 	Fruit Selection  G DA 	Fruit Selection  G 	Cheese Cubes, Raisins and Breadsticks  G DA 
<b>Lunch</b>	Savoury Beef Cobbler  G SY	Quorn Bolognese and Garlic Bread  G E	Pork Curry, Rice and Naan  G DA E	Roast Chicken and Trimmings  G E DA	Fish Pie and Peas  F DA
<b>Pudding</b>	Fruit Salad and Yoghurt  DA	Iced Sponge  G E	Eton Mess  DA E	Fruit Flan  DA	Apple Crumble and Custard  DA G
<b>Snack</b>	Toasted Muffins  G SY 	Fruit Selection  G DA 	Houmous and Salad Sticks  G DA 	Crackers  G 	Fruit Selection  G DA 
<b>Tea</b>	Fish Fingers and Beans  F	Cheese and Crackers  DA G 	Assorted Sandwiches, Crisps and Salad Sticks  DA G E F 	Cheese Scones  DA 	Spaghetti Hoops on Toast  DA G 



Children will be helping with the food preparation.

Special Dietary requirements will be taken in consideration and catered for on an individual basis.

G - Gluten F - Fish N - Nuts PN - Peanuts SY - Soya DA - Dairy CE - Celery MU - Mustard SE - Sesame SU - Sulphites LU - Lupin SF - Shell Fish (crustaceans) M - molluscs E - Egg