



Spring & Summer Term Menu



DOTS N SPOTS KITCHEN

FRESH BALANCED MEALS | PREPARED EVERY DAY



Our cook Mel prepares nutritious meals in our onsite kitchen which holds a 5* Food Hygiene rating.



We provide the children with breakfast, a cooked lunch with pudding and snack tea with pudding, as well as healthy snacks in-between meal times. Fresh drinking water and milk is also readily available throughout the day.



We cater for all dietary needs such as allergies, intolerances & SEND as well as lifestyle choices such as Vegan & Vegetarian.



MEAL TIMES



BREAKFAST - 07:30 - 08:45

A range of cereals, fruit and wholemeal toast with milk or water.



MORNING SNACK - 09:15



LUNCH & PUDDING - 11:15

Homemade healthy and nutritious meal to support a balanced diet.

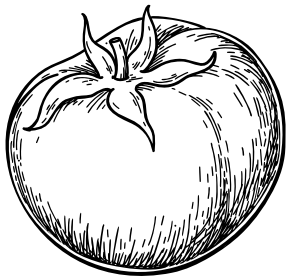


AFTERNOON SNACK - 14:15

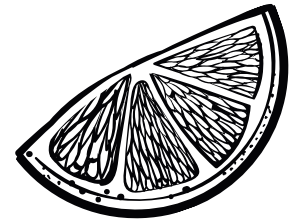


TEA & PUDDING - 15:15

Tea is a light meal as many of our children also eat at home.



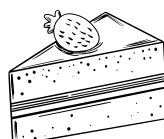
WEEK ONE

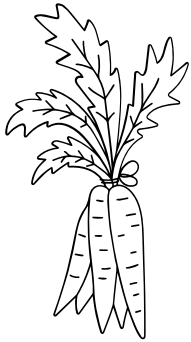


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A selection of cereals (Weetabix, Cornflakes, Rice Krispies & Hoops), fresh fruit (Apples, Banana, Orange, Melon & Pear), wholemeal toast, eggs and porridge. Whole milk & water to drink.				
SNACK TIMES	A selection of fresh fruit, crackers & cheese, yogurts, breadsticks & dips (houmous or red pepper), rice cakes, toasted muffins and raw vegetable sticks.				
LUNCH MAIN MEAL	Spaghetti Bolognese 1	Sticky Sauce Chicken & Wholemeal Pasta Salad 1, 10	Mixed Vegetable, Lentil & Chickpea Curry with Wholemeal Rice 1	Chicken & Tomato Pasta with Garlic Bread 1, 10	Homemade Fish Goujons, Peas & Potato Wedges 1, 4, 9, 10
PUDDING	Ice-cream 10	Fruit Salad	Jelly	Angel Delight 10	Yogurts 10
NURSERY SNACK TEA <small>*FRUIT READILY AVAILABLE</small>	Beans on Wholemeal Toast 1	Ham, Chicken or Tuna Sandwiches (Wholemeal Bread) 1, 4, 9, 10	Potato & Corned beef Pie with Beans 1, 9, 10	Nibbles with Crackers, Cheese, Ham, Cucumber and Hummus Dip 1, 10	Wholemeal Macaroni & Cheese 1, 10
CLUB SNACK TEA <small>*FRUIT READILY AVAILABLE</small>	Beans on Wholemeal Toast 1	Ham, Chicken or Tuna Sandwiches (Wholemeal Bread) 1, 4, 9, 10	Potato & Corned beef Pie with Beans 1, 9, 10	Nibbles with Crackers, Cheese, Ham, Cucumber and Hummus Dip 1, 10	Wholemeal Macaroni & Cheese 1, 10
PUDDING	Fruit	Homemade Tray Bake 1	Fruit	Homemade Flapjack & Fruit Salad 1	Homemade Biscuits 1

Allergen information – 1 Cereals containing Gluten, 2 Crustaceans, 3 Molluscs, 4 Fish, 5 Peanuts, 6 Lupin, 7 Nuts, 8 Soyabeans, 9 Eggs, 10 Milk, 11 Celery, 12 Mustard, 13 Sesame, 14 Sulphur dioxide

Our Cook Mel will liaise with families to cater for children with allergy/dietary needs.



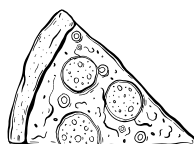


WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A selection of cereals (Weetabix, Cornflakes, Rice Krispies & Hoops), fresh fruit (Apples, Banana, Orange, Melon & Pear), wholemeal toast, eggs and porridge. Whole milk & water to drink.				
SNACK TIMES	A selection of fresh fruit, crackers & cheese, yogurts, breadsticks & dips (houmous or red pepper), rice cakes, toasted muffins and raw vegetable sticks.				
LUNCH MAIN MEAL	Mexican Chicken Enchiladas 1	Bolognese Pasta Bake, Salad and Garlic Bread 1, 10	Chicken & Vegetable Curry with Rice (carrots, broccoli & peas)	Sausage & Potato Bake with Vegetables 1	Fish, New Potatoes & Vegetables 1, 4, 10
PUDDING	Ice-cream 10	Yogurts 10	Fruit Salad	Homemade Cheesecake 1, 10	Rice Pudding 10
NURSERY SNACK TEA <small>*FRUIT READILY AVAILABLE</small>	Ham, Chicken or Cheese Sandwiches (Wholemeal Bread) 1, 10, 9, 10	Potato Waffles with Beans 1	Nibbles with Crackers, Cheese, Ham, Cucumber and Hummus Dip 1, 10	Ham, Cheese & Broccoli Quiche with Salad 1, 9, 10	Margarita or Vegetable Pizza 1, 10
CLUB SNACK TEA <small>*FRUIT READILY AVAILABLE</small>	Ham, Chicken or Cheese Sandwiches (Wholemeal Bread) 1, 10, 9, 10	Potato Waffles with Beans 1	Nibbles with Crackers, Cheese, Ham, Cucumber and Hummus Dip 1, 10	Ham, Cheese & Broccoli Quiche with Salad 1, 9, 10	Margarita or Vegetable Pizza 1, 10
PUDDING	Fruit	Jelly	Homemade Biscuits 1, 10	Melon Slices	Banana & Yogurt 10

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WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A selection of cereals (Weetabix, Cornflakes, Rice Krispies & Hoops), fresh fruit (Apples, Banana, Orange, Melon & Pear), wholemeal toast, eggs and porridge. Whole milk & water to drink.				
SNACK TIMES	A selection of fresh fruit, crackers & cheese, yogurts, breadsticks & dips (houmous or red pepper), rice cakes, toasted muffins and raw vegetable sticks.				
LUNCH MAIN MEAL	Sweet & Sour Chicken with Wholemeal Rice 1	Sausages, Beans & New Potatoes 1 <input type="checkbox"/> (Ctrl) ▾	Chilli & Rice 1	Roast of the Day with Roast Potatoes & Vegetables 1, 9, 10	Mixed Fish Pie with Vegetables 1, 4, 10
PUDDING	Apple & Rhubarb Crumble with Custard 1	Jelly & Ice-Cream 10	Fruit	Whip 10	Yogurts 10
NURSERY SNACK TEA <small>*FRUIT READILY AVAILABLE</small>	Beans on Wholemeal Toast 1	Pizza 1, 10	Ham, Chicken & Cheese Sandwiches (Wholemeal Bread) 1, 4, 10	Cheese & Broccoli Quiche with Salad 1, 9, 10	Ham, Chicken, Tuna Wraps 1, 4, 10
CLUB SNACK TEA <small>*FRUIT READILY AVAILABLE</small>	Beans on Wholemeal Toast 1	Margarita or Vegetable Pizza 1, 10	Ham, Chicken & Cheese Sandwiches (Wholemeal Bread) 1, 4, 10	Cheese & Broccoli Quiche with Salad 1, 9, 10	Ham, Chicken, Tuna Wraps 1, 4, 10
PUDDING	Fruit Salad	Yogurts 10	Chocolate Crispy Cakes 1, 10	Fruit	Homemade Traybake 1, 9

Allergen information – 1 Cereals containing Gluten, 2 Crustaceans, 3 Molluscs, 4 Fish, 5 Peanuts, 6 Lupin, 7 Nuts, 8 Soyabeans, 9 Eggs, 10 Milk, 11 Celery, 12 Mustard, 13 Sesame, 14 Sulphur dioxide

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