



Little Oasis Winter/Spring Term menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Water only to drink)	Wheat bisks with milk and orange segments (2, 7, 13)	English muffin with butter or soft cheese and cucumber sticks (4, 6, 7, 13)	Porridge with mixed seasonal fruit (2, 7, 13)	Crisped rice cereal with banana slices (2, 7, 13)	Choice of cereal or toast with varied fruit. (2, 6, 7, 13)
Snack AM (Milk or water to drink)	Fruit loaf slices with butter (2, 7, 14)	Breadsticks and vegetables sticks (2, 7, 12, 13)	Buttered cracker with carrot and cucumber sticks (2, 4, 7, 12, 13)	Rice cake with butter and tomato slices (7, 12, 13)	Breadsticks and banana (2, 7, 12, 13)
Lunch (Water only to drink)	Macaroni cheese and broccoli (2, 4, 7, 10)	Garlic bread (2, 7, 13)	Fish (bean) Pie with seasonal veg (2,4, 5, 7, 13)	Warm naan bread (2, 4, 7)	Tuna (vegetable) Pasta Bake (2, 4, 5)
	Peaches and warm vanilla sauce (7, 13)	Beef (quorn mince) meatballs with wholemeal pasta (2, 4, 7, 13)	Fruit crumble and cream (2, 7, 13)	Bean and vegetable mild curry with wholemeal rice (2, 7, 13)	Yoghurt and apple (7,13)
Snack PM (Water or milk to drink)	Buttered cracker with cheese and apple (2, 4, 7, 12, 13)	Seasonal fruit with natural yoghurt (7, 13)	Digestive biscuit with orange segments. (2, 7, 13)	Buttered cracker with veg sticks (2, 7, 12, 13)	Toasted pitta with hummus and carrot sticks (2, 7, 12)
Light Tea (Water only to drink)	English muffin homemade pizzas with various toppings and sweetcorn (2, 7, 13, 14)	Potato waffles with baked beans (2, 4)	Vegetable pesto pasta (2, 7, 9, 10)	Tomato soup with buttered bread (1, 2, 7, 13)	Choice of various sandwiches with vegetable sticks (2, 5, 7, 13)
Note: Fresh drinking water must be available and accessible at all times. (cool boiled for under 12months)					

Allergens 1-Celery 2-Cereals containing gluten 3-Crustaceans 4-Eggs 5-fish 6-Lupin 7-Milk 8-Molluscs 9-Mustard 10-nuts 11-Peanuts 12-Sesame seeds 13-Soya 14-Sulphur dioxide (More informations on Allergens found on the [Food Standards Agency](#) website)



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Water only to drink)	Malt wheat cereal with milk and sliced banana (2, 7, 13)	Crumpet with butter or jam and orange (2, 4, 7, 10)	Crisped rice cereal with milk and fruit slices (2, 7, 12)	Porridge with jam and apple (7, 10)	Choice of cereal or toast with varied fruit. (2, 6, 7, 13)
Snack AM (Milk or water to drink)	Breadsticks with veg sticks (2, 7, 12, 13)	Natural Yoghurt and sliced banana (7)	Buttered cracker with cheese and apple (2, 4, 7, 12, 13)	Toasted pitta sticks and hummous (2, 7, 12)	Choice of seasonal fruits and rice cake (7, 12, 13)
Lunch (Water only to drink)	Tomato and mixed veg pasta bolognaise (2, 7)	Thai chicken (quorn) curry with white rice (2, 3, 10, 13)	Winter warmer beef (quorn) hotpot and dumplings (2, 4, 12, 13)	Garlic Bread (2, 7, 13)	Roast Chicken (or quorn fillet) with roast potatoes and root vegetables (7)
	Seasonal fruit salad	Homemade fruit sponge and custard (2, 4, 7, 13)	Yoghurt (7)	Vegetable lasagne (2, 4, 7)	Seasonal fruit salad
Snack PM (Water or milk to drink)	Cracker with butter and choice of fruit (2, 4, 7, 12, 13)	Rice cake with butter or jam and apple (7, 12, 13)	Digestive biscuit with veg sticks (2, 7, 13)	Breadsticks with varied fruit (2, 7, 12, 13)	Natural yoghurt and banana (7)
Light Tea (Water only to drink)	Sausage and cheese rolls with baked beans (2, 4, 7, 14)	Sally's Special bacon (quorn) and lentil soup with crusty bread (1, 2, 9)	Fish fingers (vegetable sticks) pepper and cucumber sticks with warm tortilla wrap and hummus (3, 5, 7, 9, 13)	Choice of varied sandwiches and vegetable sticks (2, 5, 7, 13)	Tuna Mayonnaise pasta and sweetcorn (2, 4, 5, 9)
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