

Fresh drinking water is constantly available for the children. Fruit snacks are eaten 2 times a day and milk is served during lunch and snack times, as well as a portion of starchy foods at ONE snack time in the day.

Day	MONDAY	TUESDAY	THURSDAY	FRIDAY
Protein	BEEF	Cheese	CHICKEN	FISH
Lunch menu	<p>Boeuf Carottes served with potatoes</p> 	<p>Fried rice with vegetables with corn, peas and carrots. Cheese quesadilla.</p>  	<p>Chicken and roast vegetables couscous /feta salad</p>  	<p>Poached salmon with tagliatelle and salad with parmesan cheese</p>  
Dessert	Yoghurt served with honey	Chocolate mousse	Fruit salad	Yoghurt served with honey
Allergens	Gluten, Milk	Milk (in cheese and yoghurt)	Gluten, Milk (in cheese)	Fish, Gluten, Milk (in yoghurt)

The 14 allergens are: eggs, milk, fish, crustaceans (for example crab, lobster, crayfish, shrimp, prawn), molluscs (for example mussels, oysters, squid), peanuts, tree nuts (almonds, hazelnuts, walnuts, cashews, pecans, brazils, pistachios, macadamia nuts or Queensland nuts), sesame seeds, cereals containing gluten (wheat (such as spelt, Khorasan wheat/Kamut), rye, barley, oats, or their hybridised strains), soya, celery and celeriac, mustard, lupin, sulphur dioxide and sulphites (at concentration of more than ten parts per million)

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Day	MONDAY	TUESDAY	THURSDAY	FRIDAY
Protein	LAMB	BEANS	BEEF	FISH
Lunch menu	<p>Hachis Parmentier/ Shepherd's pie <i>Mashed potatoes, minced lamb meat, cheese, tomato and onions</i> Peas and salad</p> 	<p>Beans in tomato sauce, jacket potatoes served with Cheese and carrots</p> 	<p>beef meatballs served with homemade tomato and onion sauce Couscous Broccoli & Cauliflower</p> 	<p>Haddock with rice served with French beans</p> 
Dessert	Yoghurt served with honey	Chocolate mousse	Fruits or fruit salad	Yoghurt served with honey
Allergens	Gluten, Milk	Milk (in cheese and yoghurt)	Gluten, Milk (in cheese)	Fish, Gluten, Milk (in yoghurt)

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Day	MONDAY	TUESDAY	THURSDAY	FRIDAY
Protein	BEEF	CHEESE	Turkey	FISH
Lunch menu	<p>Beef bolognaise with spaghetti and spinach salad</p> 	<p>Home made pizza primavera With greek salad</p> 	<p>Grilled turkey with gravy and basmati rice, mixed vegetables</p> 	<p>Admiral's fish pie (cod) with broccoli</p> 
Dessert	Yoghurt served with honey	Crème caramel	Fruits or fruit salad	Yoghurt served with honey
Allergens	Gluten, Milk	Milk (in cheese and yoghurt)	Gluten, Milk (in cheese)	Fish, Crustaceans, Gluten, Milk (in yoghurt)

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