



Dragonflies Menu Week One 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal with buttered toast/Crumpets (GF Cereal with GF Toast) Gluten free toast/cereal only)	Choice of Cereal with buttered toast/Crumpets (GF Cereal with GF Toast) Gluten free toast/cereal only)	Choice of Cereal with buttered toast/Crumpets (GF Cereal with GF Toast) Gluten free toast/cereal only)	Choice of Cereal with buttered toast/Crumpets (GF Cereal with GF Toast) Gluten free toast/cereal only)	Choice of Cereal with buttered toast/Crumpets (GF Cereal with GF Toast) Gluten free toast/cereal only)
Wrap Snack	Choice Of Fruit	Pancakes with Fruit Cocktail	Pineapple Chunks & Melon slices	Fruit choobs and sliced Banana	Fresh fruit platter
ASC Snack	Bagels with choice of ham /Chicken or Quorn Sweetcorn and sliced peppers Orange wedges	Buttered Bread Roll with tomato soup Pancakes with Fruit Cocktail	Create your own wrap With Grated cheese sweetcorn & carrot batons Pineapple Chunks & Melon Slices	Spaghetti in tomato sauce with buttered toast Fruit choobs and sliced Banana	Bread and Butter with choice of Ham/Chicken or Quorn Sliced Cucumber batons and sliced peppers Fresh Fruit Platter

Red= Gluten free diet

Leo - To use Toaster in office for him only plus his allocate plate

WHEN REHEATING FOODS PLEASE PROBE AND DOCUMENT ON RELEVANT FORM