



Dragonflies Menu Week One Sept 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal .Dairy free spread on wholemeal toast/Crumpets (GF Cereal with GF Toast) Gluten free toast/cereal only)	Choice of Cereal .Dairy free spread on wholemeal toast/Muffins (GF Cereal with GF Toast) Gluten free toast/cereal only)	Choice of Cereal .Dairy free spread on wholemeal toast/Crumpets (GF Cereal with GF Toast) Gluten free toast/cereal only)	Choice of Cereal .Dairy free spread on wholemeal toast/Muffins (GF Cereal with GF Toast) Gluten free toast/cereal only)	Choice of Cereal .Dairy free spread on wholemeal toast/Crumpets
Wrap Snack	Dairy free spread on crumpets Greek yoghurt & cereal	Dairy free spread on wholemeal toast Sliced ,Pineapple chunks	Pitta slices with Tzatziki dip Sliced Water melon	Dairy free spread in toasted muffin Orange wedges	Dairy free spread on Crumpet Sliced Peppers & sweetcorn
ASC Snack	Tortilla Wrap with tuna in spring water with greek yoghurt or Quorn Slices, Cucumber batons and sweetcorn. Sliced Apple & pineapple chunks	Dairy free spread on cream cracker crackers with grated Cheese ,Sliced peppers and Cherry Tomatoes. Sliced watermelon with sliced grapes	Dairy free spread on bagel with sliced chicken/Quorn. Cherry tomato and sweetcorn with tomato salsa dip Orange wedges	Rice cake with soft cheese spread ,cucumber batons, carrot botons with Tzatziki dip Sliced Banana	Buttered bread with choice of sliced Ham/Chicken, Sliced Peppers and Cucumber Batons Greek Yoghurt with cereal

Please use alternative for those Children with potential allergies (See Allergens Board on Cupboard in Kitchen area) Staff to label and date appropriately All foods opened using Cling Film and Flabels stored in kitchen draws) Also emptying Food bin, Black bin and Blue bins.