



Dragonflies Menu Week Two Sept 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal .Dairy free spread on wholemeal toast/Crumplets (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/Crumplets (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/Crumplets (GF Cereal with GF Toast) Gluten free toast/cereal only)
Wrap Snack	Rice cake with dairy free spread,Cucumber batons with cheese chunks	Dairy free spread on crumpet Sliced watermelon and orange	Dairy free spread on Crumpet Greek yoghurt & Berries	Soft cheese spread on cream crackers Sliced pear & apple	Pitta pocket with grated cheese.Sliced cucumber & cherry tomato
ASC Snack	Rice cake with soft cheese spread, Cherry tomato, Cucumber batons and sliced chicken/quorn Watermelon and Orange wedges	Dairy free spread on wholemeal bread with sliced ham/quorn ,cottage cheese,sliced peppers and sweetcorn Greek yoghurt with berries	Dairy free spread on wholemeal toast with baked beans in reduced salt/Sugar sauce Sliced Pear & apple	Pitta pocket with Tuna and Greek yoghurt dressing. Cucumber batons and cherry tomato Sliced banana	Dairy free spread on crumpets ,cheese chunks/grated cheese,Sliced peppers and sweetcorn Strawberries

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 Food labels stored in kitchen draws) Also emptying food bin, Black bin and Blue bins.