

Sallywags Menu 2022 – in accordance with HM Government guidance from Public Health England which produce welfare requirements of feeding babies and young children in early years settings.

New Menus May 2022

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Mid morning snack	Rice cakes and a selection of fresh dips	Fresh pear	Fresh carrots and breadsticks	Fresh melon	Fresh cucumber and cheese chunks
Vegetarian option	Homemade rich Spinach and vegetable curry	Homemade chef's specialty bean casserole	Homemade cheese and mushroom tray bake	Freshly chopped Vegetable stir fry with a side of boiled gnocchi	Homemade creamy potato pie with fresh market garden vegetables
Lunch	Homemade rich and creamy chicken curry with rice and naan bread	Sallywags cowboy special, fresh British-reared beef with beans and a rich creamy tomato sauce served with new potatoes	Traditional roast turkey dinner with all the trimming served with a rich gravy	Freshly sliced and a fried pork stir fry and noodles served with prawn crackers	Children's favourite fish fingers served with a creamy mash and fresh market garden vegetables.
Desert	Choice of mousse	Fresh fruit	Fresh fruit salad	Fruit crumble and ice cream	Fresh fruit salad
Mid- afternoon Snack	Apple chunks	Pear and strawberry slices	Banana slices	Satsuma Slices	Pepper slices
High Tea	Homemade pizza	Selection of filled wraps	Jacket potato with tuna	Fresh hot dogs	Selection of freshly filled sandwiches
After School Tea	Homemade pizza	Selection of filled wraps	Jacket potato with a choice of toppings	Fresh hot dogs	Selection of freshly cut sandwiches with a side of vegetable batons
Dessert	Fresh fruit salad	Cupcake	Fresh fruit salad	Fresh fruit salad	Fresh Fruit Bowl

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Mid morning snack	Fresh cucumber and cheese chunks	Rice cakes and fresh dips	Fresh strawberries	Carrots and breadsticks	Fresh melon pieces
Vegetarian option	Gnocchi served with broccoli and white bean bake	Homemade Vegetarian Shepherds pie with cheesy mash	Homemade dairy free creamy colcannon bake	Home made Mediterranean spiced vegetable wellington	Homemade Butter bean cannelloni served with a rich tomato salsa
Lunch	Minted lamb and new potatoes	Traditional chef's special fish pie served with a creamy mash topping and market garden vegetables	Home Chicken supreme served on a bed of freshly boiled brown rice with fresh broccoli stems	Homemade rich beef and onion pie served with a light pastry crust Fresh market garden vegetables	Homemade Pork pasta carbonara served with traditional carbonara sauce
Dessert	Fresh fruit bowl	Banana's and custard	Pineapple upside down cake	Fresh fruit	Fresh fruit
Mid- afternoon Snack	Fresh sliced pepper	Fresh apple slices	Fresh pear slices	Fresh banana fruit slices	Satsuma slices
High Tea	Freshly Filled pitta pockets	Toasted Crumpets with cheese served with fresh vegetable batons	Selection of freshly filled sandwiches	Plain and simple Homemade tomato fusilli pasta bake	Selection of freshly filled wraps
After School Tea	Filled pitta pockets	Crumpets and cheese	Selection of filled sandwiches	Homemade tomato pasta	Selection of filled wraps
Dessert	Fresh Fruit Bowl	Homemade cookie	Fresh Fruit Bowl	Homemade muffin	Fresh Fruit Bowl

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Mid morning snack	Melon Pieces	Fresh cucumber and cheese chunks	Rice cakes and Dips	Fresh strawberry bowls	Fresh carrot and breadsticks
Vegetarian option	Homemade Miso bean bolognese	Home made vegetarian toad in the hole with market garden vegetables	Homemade zucchini lasagna and roll ups	Homemade Vegetable curry	Oven roasted vegetable with tofu served with freshly boiled rice
Lunch	Homemade beef bolognese bake with garlic bread slices	Homemade toad in the hole with butchers bangers and a deep Yorkshire pudding served with fresh market garden vegetables and a rich onion gravy	Homemade lamb tagine with freshly boiled brown rice complimented with broccoli heads	Homemade breaded fish bites served with market garden veg and chunky oven roasted potato wedges	Homemade BBQ chicken and rice served alongside green beans and carrot batons
Dessert	Fresh Fruit	Fresh fruit bowl	Chefs speciality homemade bakewell tart	Chilled (sugar free) jelly with fresh cream	Fresh Fruit bowl
Mid- afternoon Snack	Satsuma slices	Sweet pepper slices	Fresh apple slices	Fresh pear slices	Fresh Banana slices
High Tea	Jacket Potatoes with a selection of fillings	Freshly filled sandwich buffet	Freshly filled wraps with vegetable sticks and dips	Plain and simple mac and cheese	Children's homemade pizza
After School Tea	Jacket Potatoes with a selection of fillings	Homemade cookie	Homemade flapjack	Plain and simple mac and cheese	Chef's homemade pizzas
Dessert	Fresh Fruit Bowl	Fresh Fruit Bwl	Fresh Fruit Bowl	Homemade biscuit	Fresh Fruit Bowl

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Mid morning snack	Carrot and breadsticks	Fresh Melon Pieces	Fresh cucumber and cheese chunks	Rice cakes and dips	Fresh Strawberry bowls
Vegetarian option	Vegan pasta bake with a rich tomato sauce	Homemade vegetarian curry served on a bed of brown rice with a chunk of naan bread	Homemade vegetable tart served with creamy mash and fresh market garden vegetables	Homemade Haloumi Porrigiana Bake served with market garden vegetables	Homemade sticky Tofu with fresh vegetables
Lunch	Tuna pasta bake with with garlic bread slices	Homemade lamb curry served on a bed of brown rice and a chunk of naan bread	Traditional Roast Pork dinner served with fresh market garden vegetables	Homemade chicken Pasta Primavera with market garden vegetables	Homemade beef and mushroom stroganoff served with creamy mash and garden vegetables
Dessert	Fresh Fruit bowl	Homemade carrot cake	Fresh fruit	Fresh Fruit	Mando and pear cobbler
Mid- afternoon Snack	Fresh Banana slices	Satsuma slices	Sweet pepper slices	Fresh apple slices	Fresh Pear slices
High Tea	Freshly filled wraps with vegetable baton slices	Freshly filled Pitta pockets with vegetable sticks	Cheesy penne pasta bake	Freshly filled open rolls	Homemade buffet tea with a selection of wraps, sandwiches and buffet nibbles
After School Tea	Freshly filled wraps with vegetable baton slices	Freshly filled Pitta pockets with vegetable sticks	Cheesy penne pasta bake	Freshly filled open rolls	Homemade buffet tea with a selection of wraps, sandwiches and buffet nibbles
Dessert	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl

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