OVERBURY
Grasshoppers

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cucumber, Pepper, Carrots Houmous and Breadstick Sesame, Gluten	Fresh Fruit with Homemade Biscuit Gluten, Dairy	Grapes, Cheese and Cracker Dairy, Gluten	Fresh Fruit with Rice cake	Cucumber, Pepper, Carrot and Homemade Savory Scone Dairy, Gluten,
Lunch	Superhero Mac and Cheese with Sweetcorn Dairy, Gluten	Chicken Curry with Couscous and Homemade Naan Dairy, Gluten	Chicken Fajita Fried Rice with Homemade Tortilla Crisps Gluten	Beef Stew with Boiled Potatoes and Broccoli	Fish Fingers with Homemade Potato Slices, Peas and Beans Gluten, Fish
Pudding	Apple Crumble with Custard Gluten, Dairy	Greek Yogurt with Honey and Fresh Fruit Dairy	Apple Oat Cookie Gluten, Egg, Dairy	Lemon and Poppy Seed Cake Gluten, Egg, Dairy	Banana and Custard Gluten, Dairy
Tea	Beans on Toasted Sourdough Gluten	Sausage, Vegetable and Lentil Rolls with Cucumber Gluten, Egg	Warm Cheese Quesadilla with Cucumber Dairy, Gluten	Warm Cheese Bagels with Cucumber Dairy, Gluten	Variety of Sourdough Sandwiches Dairy, Gluten
Second Course	Banana	Apple	Orange	Melon	Pear

We believe great food starts with great ingredients. That's why we use brown rice and wholemeal pasta as well as sourdough bread.
We make as much as we can from scratch, including our tomato sauce, pizza dough, naan bread, and all our delicious homemade puddings.
Our puddings are made using reduced sugar or naturally sweet ingredients, so you can enjoy a treat with a little less refined sugar. Fresh fruit is offered if they do not desire the listed pudding.
Fresh, wholesome, homemade—because we believe good food should taste amazing and make you feel good too.

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fresh Fruit with Malt Loaf Gluten	Cucumber, Pepper, Carrot, Houmous and Cheese Cracker Sesame, Gluten, Dairy	Fresh Fruit with Homemade Oat Cookie Gluten	Grapes, Cheese and Crackers Dairy, Gluten	Fresh Fruit with Fruit Loaf Gluten
Lunch	Vegetable Curry with Couscous and Homemade Naan Gluten	Pasta Bolognese with Garlic Bread and Corn on the cob Gluten, Dairy	Cottage Pie with Broccoli and Carrots Dairy	Sausage Casserole with Boiled Potatoes, Broccoli and Peas	Salmon and Prawn Fried Rice with Prawn Crackers Fish, Soya, Gluten
Pudding	Apple Cake Gluten, Dairy, Egg	Apple Crumble with Custard Gluten, Dairy	Jelly with Fresh Fruit	Fruit and Seed Honey Flapjack Dairy	Greek Yogurt with Honey and Fresh Fruit Dairy
Tea	Cheese and Tomato Pastry Pinwheels with Cucumber Gluten, Dairy	Homemade Tomato Soup with Toasted Sourdough Gluten, Dairy	Toasted Cheese Crumpets with Cucumber Gluten, Dairy	Tomato Pasta Gluten	Jacket Potato with Cheese and Beans Dairy
Second Course	Apple	Melon	Pear	Banana	Orange

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cucumber, Pepper, Carrot, Houmous and Breadstick Sesame	Fresh Fruit with Rice Cake	Cucumber, Pepper, Carrots and Homemade Savory Scones Gluten, Dairy	Fresh Fruit with Homemade Biscuit Dairy, Gluten	Grapes, Cheese and Cracker Gluten, Dairy
Lunch	Vegetable Pasta Bake with Garlic Bread Gluten, Dairy	Roast Chicken, Roast Potatoes, Yorkshire Pudding, Stuffing, Carrots, Broccoli and Gravy Gluten	Beef Stroganoff with Couscous, Broccoli and Carrots Gluten, Dairy	Thai Chicken Curry with Rice and Prawn Crackers Gluten, Fish	Fish Pie with Peas and Broccoli Dairy, Fish
Pudding	Greek Yogurt with Honey and Fresh Fruit Dairy	Banana Loaf Gluten, Egg, Dairy	Apple Crumble with Custard Gluten, Dairy	Apple Oat Cookie Dairy, Gluten	Jelly with Fresh Fruit
Tea	Warm Cheese Bagels with Cucumber Gluten, Dairy	Cheese and Tomato Pizza with Cucumber Dairy, Gluten	Variety of Sourdough Sandwiches Gluten, Dairy	Warm Quesadilla with Cucumber Dairy, Gluten	Sausage, Vegetable and Lentil Rolls with Cucumber Gluten, Egg
Second Course	Melon	Orange	Apple	Pear	Banana

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Grapes, Cheese and Cracker Gluten, Dairy	Cucumber, Pepper, Carrot, Houmous and Breadstick Sesame, Gluten	Fresh Fruit with Homemade Biscuit Gluten, Dairy	Cucumber, Pepper, Carrot and Homemade Scone Gluten, Dairy	Fresh Fruit with Rice Cake
Lunch	Vegetable Pie with Mash Potato, Broccoli and Carrots Dairy	Beef Lasagne with Garlic Bread and Corn on the cob Dairy, Gluten	5 Bean Turkey Chili with Rice and Sweetcorn	Pasta and Meatballs with Broccoli Gluten	Fishcake with Homemade Potato Slices, Peas and Beans Fish, Gluten, Egg
Pudding	Fruit and Seed Honey Flapjack Dairy	Banana and Custard Dairy	Greek Yogurt with Honey and Fresh Fruit Dairy	Apple Crumble with Custard Gluten, Dairy	Lemon and Poppy Seed Cake Gluten, Dairy, Egg
Tea	Toasted Warm Cheese Crumpet with Cucumber Gluten, Dairy	Beans on Toasted Sourdough Gluten, Dairy	Tomato Pasta Gluten	Cheese and Tomato Pastry Pinwheels with Cucumber Gluten, Dairy	Cheese Omelette with Salad Sticks Egg, Dairy
Second Course	Pear	Banana	Melon	Orange	Apple

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fresh Fruit with Fruit Loaf Gluten, Dairy	Grapes, Cheese ad Cracker Dairy, Gluten	Fresh Fruit with Rice Cake	Cucumber, Pepper, Carrot, Houmous and Cheese Cracker Sesame, Dairy, Gluten	Fresh Fruit with Homemade Biscuit Dairy, Gluten
Lunch	Vegetable Lasagne with Garlic Bread and Corn on the cob Dairy, Gluten	Chicken and Vegetable Pie with Boiled Potato, Broccoli and Carrots Dairy, Gluten	Sausage, Mash Potato, Broccoli, Peas and Gravy Dairy, Gluten	Chicken Pasta Bake with Sweetcorn Gluten, Dairy	Coconut Fish Curry with Rice and Homemade Naan Fish, Gluten
Pudding	Apple Oat Cookie Gluten, Dairy	Banana Loaf Gluten, Dairy, Egg	Apple Cake Gluten, Dairy, Egg	Greek Yogurt with Honey and Fresh Fruit Dairy	Apple Crumble with Custard Gluten, Dairy
Tea	Sausage, vegetable and lentil Rolls with Cucumber Gluten, Egg	Warm Cheese Bagels with Cucumber Gluten, Dairy	Homemade Tomato Soup with Toasted Sourdough Gluten, Dairy	Jacket Potato with Cheese and Beans Dairy	Homemade Cheese and Tomato Pizza with Cucumber Gluten, Dairy
Second Course	Orange	Pear	Banana	Apple	Melon

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