

Week 1

	Breakfast	Snack	Lunch	Snack	Tea
Monday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Wholemeal Toast/Fruit (Wheat, Soya, Barley) Milk/soya and water to drink	Jacket potato with beans and cheese Cucumber sticks (Milk if cheese chosen) Dairy free alternatives available	Fruit Milk/soya and water to drink	Ham and vegetable pasta bake (Wheat, Mustard, Egg)
Tuesday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Fruit platter (Milk, Soya) Milk/soya and water to drink	Chicken sweet potato and chickpea curry with rice	Strawberry malt loaf (Wheat) Milk/soya and water to drink	Spaghetti on wholemeal toast (Wheat, Barley, Soya)
Wednesday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Fruit platter (Milk, Soya) Milk/soya and water to drink	Beef and lentil cottage pie served with broccoli and sweetcorn (Wheat, soya, milk)	Blueberry & vanilla rice cakes () Milk/soya and water to drink	Wholemeal wraps with cheese/ tuna and salad (Wheat, Soya, Barley)
Thursday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Crumpets (Wheat, Soya, Barley) Milk/soya and water to drink	Veggie Sausage, Mushroom and pepper casserole with Mashed potato (Wheat, Milk, Soya) Dairy free alternatives available	Fruit Milk/soya and water to drink	Cracker breads with cream cheese and salad (Wheat, Milk)
Friday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Natural/Greek yoghurt with fruit & honey Dairy free alternatives available (Milk, Soya)	Tuna pasta bake served with mixed vegetables (Fish, Milk, Wheat, egg) Choice of fruit	Fruit Milk/soya and water to drink	Vegetable pizza and salad (Wheat, Milk)

		Milk/soya and water to drink			
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Week 2

	Breakfast	Snack	Lunch	Snack	Tea
Monday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Wholemeal Toast/Fruit (Wheat, Barley, Soya) Milk and water to drink	Spanish chicken served with cous cous green beans and sweetcorn ()	Fruit Milk/soya and water to drink	Mini breadsticks veggie sticks and red pepper hummous (Wheat)
Tuesday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Fruit platter (Milk, Soya) Milk and water to drink	Fish fingers, chips and peas (Fish, Wheat) Dairy free alternatives available	Rice cakes and savoury crackers Milk/soya and water to drink	Baked beans on toast (Wheat, Barley, Soya)
Wednesday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Fruit platter (Milk, Soya) Milk and water to drink	Sausage mashed potato cauliflower and carrots (Wheat, Sulphates, Milk) Dairy free alternatives available	Blueberry malt loaf (Wheat) Milk/soya and water to drink	Vegetable soup with wholemeal bread (Wheat, Barley, Celery, Soya)
Thursday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Fruit toast (Wheat, Barley, Soya) Milk and water to drink to drink	Beef and mixed bean chilli and rice (wheat, soya)	Fruit Milk/soya and water to drink	Chicken and vegetable pasta salad (wheat, mustard, egg)
Friday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Natural/Greek yoghurt with fruit & honey Dairy free alternatives available (Milk, Soya) Milk/soya and water to drink	Salmon, Broccoli and cheese pasta bake (Fish, Wheat, Milk) Dairy free alternatives available	Fruit Milk/soya and water to drink	Selection of sandwiches Veg sticks (Wheat, soya, barley, Milk) Dairy free alternatives available

Week 3

	Breakfast	Snack	Lunch	Snack	Tea
Monday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Wholemeal Toast/Fruit (Wheat, Barley, Soya) Milk/soya and water to drink	Fish cakes, chips and mixed vegetables (Fish, Wheat) Dairy free alternatives available	Fruit Milk and water to drink	Crackers/crispbakes with cream cheese and salad (Wheat,Milk)
Tuesday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Fruit platter (Milk, Soya) Milk/soya and water to drink	Beef, lentil and vegetable pasta bolognese (Wheat, Soya) Dairy free alternatives available	Blueberry & vanilla rice cakes Milk/soya and water to drink	Wholemeal pitta pockets with salad (Wheat)
Wednesday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Toasted Bagels (Milk,Wheat, Soya) Milk/soya and water to drink	BBQ chicken roasted potatoes green beans and carrots (Sulphites, mustard, barley) Dairy free alternatives available	Fruit Milk and water to drink	Tomato soup with wholemeal bread (Milk,Mustard)
Thursday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Fruit platter (Wheat, Soya) Milk/soya and water to drink	Chicken roast dinner- Chicken, Mashed potato, Seasonal vegetables, Yorkshire pudding and gravy. (egg, wheat, milk, soya) Dairy free alternatives available	Banana malt loaf (Wheat) Milk/soya and water to drink	Veggie sticks and wholemeal pitta with sour cream/salsa (Wheat, barley, soya, Milk)
Friday	Choice of cereals and fruit (Wheat, milk) Dairy free alternatives available	Natural/Greek yoghurt with fruit & honey Dairy free alternatives available (Milk, Soya) Milk/soya and water to drink	Sausage, hashbrowns, scrambled egg and baked beans (Sulphites,wheat, egg) Dairy free alternatives available	Fruit Milk and water to drink	Vegetable/Chicken savoury rice