



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals - Weetabix, Ready Brek, Cornflakes, Shredded Wheat served with Whole Milk or Toast (50/50 Wholemeal/White), Fruit Toast or Crumpet with Non-Dairy Spread, Cup of Milk to Drink 6 / 8 / 14				
MORNING SNACK	Selection of Fresh Fruit and Vegetable Sticks				
LUNCH	Ratatouille with Lentils and Rice	Fish Pie with Mashed Potato and Broccoli 1 / 6	Spaghetti Bolognese with Cheese served with Carrots 6 / 14	Chicken Fajitas served with Guacamole or Salsa 14	Lamb Curry with Wholegrain Rice and Peas
VEGETARIAN OPTION		Mixed Bean Pie with Mashed Potato and Broccoli 6	Spaghetti with Lentil Sauce and Cheese served with Carrots 6 / 14	Mixed Bean Fajitas served with Guacamole or Salsa 14	Quorn Curry with Wholegrain Rice and Peas
DESSERT	Yoghurt and Berries or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Fresh Fruit or Stewed Apples	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Yoghurt and Berries or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6
AFTERNOON SNACK	Selection of Wholewheat Crackers, Breadsticks, Rice Crackers served with Soft Cheese or Home-made Houmous 6 / 11 / 14				
TEA	Jacket Potato with Baked Beans and Cheese Served with Cucumber and Carrot Sticks 6	Cheese and Red Pepper Quiche with Garden Salad 6 / 7	Vegetable Risotto with Carrot and Cucumber Sticks 14	Salmon and Broccoli Pasta Bake 1 / 6 / 14	Pitta Pizza with Various Toppings and Salad 6 / 14
VEGETARIAN OPTION				Boiled Egg and Broccoli Pasta 7 / 14	
DESSERT	Fresh Fruit or Stewed Apples	Fresh Fruit or Stewed Apples	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Fresh Fruit or Stewed Apple with Custard or a Cup of Milk 6	Fresh Fruit or Stewed Apples
Allergens Key: numbers under meals indicate the allergen in that meal					
1 Fish 2 Crustaceans 3 Molluscs 4 Nuts 5 Peanuts		6 Milk 7 Eggs 8 Soya 9 Celery (including celeriac) 10 Mustard		11 Sesame Seeds 12 Lupin 13 Sulphur Dioxide 14 Cereals containing Gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut)	



WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals - Weetabix, Ready Brek, Cornflakes, Shredded Wheat served with Whole Milk or Toast (50/50 Wholemeal/White), Fruit Toast or Crumpet with Non-Dairy Spread, Cup of Milk to Drink 6 / 8 / 14				
MORNING SNACK	Selection of Fresh Fruit and Vegetable Sticks				
LUNCH	Chickpea, Sweet Potato and Spinach Curry with Rice and Green Beans	Beef Casserole with Mashed Potato and Mixed Vegetables	Roast Chicken with Roast Potatoes and Cabbage	Cottage Pie with Sweet Potato Mash served with Broccoli	Pesto Salmon Risotto with Green Beans 1
VEGETARIAN OPTION		Lentil Casserole with Mashed Potato and Mixed Vegetables	Roast Quorn Fillet with Roast Potatoes and Cabbage	Vegetarian Soya Mince Pie with Sweet Potato Mash served with Broccoli 8	Potato and Vegetable Frittata with Green Beans 7
DESSERT	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk 6	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk 6	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk 6	Yoghurt and Berries or Custard with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6
AFTERNOON SNACK	Selection of Wholewheat Crackers, Breadsticks, Rice Crackers served with Soft Cheese or Home-made Houmous 6 / 11 / 14				
TEA	Chicken with Egg Noodles and Peppers 7 / 14	Macaroni Cheese with Ham served with Carrot and Cucumber 6 / 14	Fish Finger Wrap with Peas 1 / 14	Tomato and Lentil Pasta Bake with Cucumber Sticks 14	Jacket Potato with Baked Beans and Cheese served with Pepper Sticks
VEGETARIAN OPTION	Quorn Fillet with Egg Noodles and Peppers 7 / 14	Macaroni Cheese with Boiled Egg served with Carrot and Cucumber 6 / 14	Fishless Finger Wrap with Peas 14		
DESSERT	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Fresh Fruit or Stewed Apples	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Fresh Fruit or Stewed Apples
Allergens Key: numbers under meals indicate the allergen in that meal					
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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals - Weetabix, Ready Brek, Cornflakes, Shredded Wheat served with Whole Milk or Toast (50/50 Wholemeal/White), Fruit Toast or Crumpet with Non-Dairy Spread, Cup of Milk to Drink 6 / 8 / 14				
MORNING SNACK	Selection of Fresh Fruit and Vegetable Sticks				
LUNCH	Vegetable and Lentil Casserole with Green Beans served with Garlic Bread 14	Cod Fish Fingers with Parsley Sauce with New Potatoes and Broccoli 1 / 6 / 14	Barbeque Chicken with Seasoned Potato Wedges and Peas	Moroccan Lamb with Cous Cous and Carrots 14	Lentil and Vegetable Lasagne with Salad 6 / 14
VEGETARIAN OPTION		Fishless Fingers with Parsley Sauce with New Potatoes and Broccoli 6 / 14	Barbeque Quorn Fillets with Seasoned Potato Wedges and Peas	Moroccan Soya Mince with Cous Cous and Carrots 8 / 14	
DESSERT	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk 6	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk 6	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk 6
AFTERNOON SNACK	Selection of Wholewheat Crackers, Breadsticks, Rice Crackers served with Soft Cheese or Home-made Houmous 6 / 11 / 14				
TEA	Jacket Potatoes with Chilli and Pepper Sticks	Ham & Sweetcorn Pitta Pizza with Carrot & Cucumber sticks 6 / 14	Baked Ham with Cauliflower Cheese and New Potatoes 6 / 14	Mackerel or Cod Fishcakes with Salad 1 / 14	Chicken and Sweetcorn Wrap with Mange Tout 14
VEGETARIAN OPTION	Jacket Potatoes with Vegetarian Chilli and Pepper Sticks	Lentil, Sweetcorn & Red Pepper Pitta Pizza, with Carrot & Cucumber sticks 6 / 14	Egg and Cauliflower Cheese and New Potatoes 6 / 7 / 14	Falafels with Salad 14	Baked Bean Wrap with Mange Tout 14
DESSERT	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Fresh Fruit or Stewed Apples	Fresh Fruit or Stewed Apples	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6
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WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals - Weetabix, Ready Brek, Cornflakes, Shredded Wheat served with Whole Milk or Toast (50/50 Wholemeal/White), Fruit Toast or Crumpet with Non-Dairy Spread, Cup of Milk to Drink 6 / 8 / 14				
MORNING SNACK	Selection of Fresh Fruit and Vegetable Sticks				
LUNCH	Chickpea and Vegetable Biryani and Sweetcorn	Cumberland Pie with Carrots 14	Meatballs with Tomato Sauce and Pasta with Green Beans 14	Roast Chicken served with Roast Potatoes, Carrots and Cabbage	Salmon Fish Pie with Broccoli 1 / 6
VEGETARIAN OPTION		Red Lentil Cumberland Pie with Carrots 14	Vegetarian Meatballs with Tomato Sauce and Pasta with Green Beans 14	Roast Quorn Fillet served with Roast Potatoes, Carrots and Cabbage	Cheese and Potato Pie with Broccoli 6
DESSERT	Yoghurt and Berries or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk 6	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk 6	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk 6
AFTERNOON SNACK	Selection of Wholewheat Crackers, Breadsticks, Rice Crackers served with Soft Cheese or Home-made Houmous 6 / 11 / 14				
TEA	Tuna and Egg Pasta Salad with Pepper Sticks 1 / 14	Mixed Bean Wrap with Sweet Potato Cubes and Salsa 14	Fish Fingers with Potato Wedges and Peas 1 / 14	Cheese and Pepper Pizza with Baked Beans and Cucumber Sticks 6 / 14	Tomato and Lentil Pasta with Corn on the Cob 14
VEGETARIAN OPTION	Egg and Pasta Salad with Pepper Sticks 7 / 14		Vegetarian Falafel with Potato Wedges and Peas		
DESSERT	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk 6	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6	Fresh Fruit or Stewed Apples	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk 6
Allergens Key: numbers under meals indicate the allergen in that meal					
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