

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast (8:00 – 8:45 am)	A Selection of cereals with warm or cold milk, toast and butter, with milk or water to drink. A selection of fruit will also be available						
Morning Snack 10:00 - 10:30am	Snack table containing a bowl of mixed fruit, assorted crackers , breadsticks and milk will also be available during the day for children to choose from if they wish.						
Lunch E/R 11:15 D/R 11:45am	Shepard Pie, fresh vegetables	Roast chicken with rice, gravy, vegetables	Vegetable pasta bake with cucumber and tomatoes				
	Allergens: gluten	Allergens: gluten	Allergens: gluten	Allergens: gluten	Allergens: gluten		
Vegetarian	Vegetable pie, fresh vegetables	Vegetable Stew with pasta, fresh vegetables	Vegetable con carne with rice vegetables	Vegetarian fingers and rice gravy with vegetables	Vegetable pasta bake with cucumber and tomatoes		
	Allergens: gluten	Allergens: gluten	Allergens: gluten	Allergens: gluten	Allergens: gluten		
Dessert	Yoghurts/ Fruits Allergens: dairy	Yoghurt/ Fruits Allergens: <mark>dairy</mark>	Yoghurt/ Fruits Allergens: <mark>dairy</mark>	Yoghurt/ Fruits Allergens: dairy	Yoghurt / Fruits Allergens: dairy		
Tea (3:30pm)	Tuna pasta Vegetable pasta Milk, fruits	Fish fingers and chips Vegetable fingers and chips Milk, fruits	Macaroni cheese/ Vegetable pasta Milk, fruits	Spinach pasta Raisins, milk	Sandwiches with cheese and butter Milk, fruits		
	Allergens: dairy	Allergens: fish, dairy , gluten	Allergens: dairy	Allergens: <mark>dairy</mark> , gluten	Allergens: dairy , gluten		

Afternoon Snack	
(4pm)	A snack table containing a bowl of mixed fruit, assorted crackers and milk will also be available during the day for children to choose
	from if they wish.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday			
Breakfast (8:00 – 8:45 am)	A Selection of cereals with warm or cold milk, toast and butter, with milk or water to drink. A selection of fruit will also be available							
Morning Snack 10:00 - 10:30am	Snack table containing a bov	vl of mixed fruit, assort	ed crackers , breadsticks and milk v choose from if they wish.	vill also be available during t	he day for children to			
Lunch E/R 11:15 D/R 11:45am	Spaghetti Bolognese, sweetcorn and carrotsChicken stew with rice, vegetablesBeef meatballs, tomato sauce with potatoes.Roast chicken with rice gravy vegetablesChicken stew with tomatoFresh vegetablesFresh vegetablesChicken stew with gravy vegetablesChicken stew with tomato							
	Allergens: - gluten	Allergens: gluten	Allergens: gluten	Allergens: - gluten	Allergens: gluten			
Vegetarian	Vegetarian Quorn Bolognese, sweetcorn and carrots	Vegetable vegetarian stew with rice	Quorn meatballs in tomato sauce with potatoes. Fresh vegetables	Vegetarian fingers and rice, gravy with vegetable				
	Allergens: - gluten	Allergens: gluten	Allergens: gluten	Allergens: -	Allergens: gluten			
Dessert	Yoghurt / Fruits Allergens: dairy	Yoghurt / Fruits Allergens: dairy	Yoghurt / Fruits Allergens: dairy	Yoghurt / Fruits Allergens: dairy	Yoghurt/ Fruits Allergens: dairy			

Tea		Fish fingers/	Tuna pasta	Baked potatoes with	Sandwiches with
(3:30pm)	Vegetable rice	Vegetable fingers	Vegetable pasta	baked bean	cheese and butter
		and chips			
	Milk, Fruits		Milk, Fruits	Milk, fruits	Milk, fruits
		Milk, Fruits			
	Allergens: dairy, gluten	Allergens: gluten,	Allergens: gluten	Allergens: fish, gluten	Allergens: dairy,
		fish			gluten
Afternoon Snack					
(4pm)	A snack table containing a bo	wl of mixed fruit, assort	ed crackers and milk will also be avo	ilable during the day for child	Iren to choose from if
			they wish.		

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8:00 – 8:45 am)	A Selection of cereals with v	warm or cold milk, toast an	d butter, with milk or wate	er to drink. A selection o	f fruit will also be available
Morning Snack	Snack table containing a boy	wl of mixed fruit, assorted c	rackers, breadsticks and r	nilk will also be available	e during the day for children
10:00 - 10:30am		to	choose from if they wish.		
Lunch	Beef meatballs in tomato	Chicken curry with rice	Spaghetti Bolognese	Roast chicken with	Tuna pasta bake
E/R 11:15	sauce with pasta and	and vegetables	with sweetcorn and	rice gravy	
D/R 11:45am	vegetables		carrots	vegetables	
	Allergens: gluten	Allergens: gluten	Allergens: -	Allergens: -	Allergens: gluten
	Quorn meatballs with	Vegetable Curry with	Vegetarian Quorn	Vegetarian fingers	Vegetables pasta bake
Vegetarian	tomato sauce with pasta with vegetables.	rice	Bolognese with sweetcorn and carrots	and rice gravy with vegetables	
	Allergens: gluten	Allergens: gluten	Allergens: -	Allergens: -	Allergens: gluten

Dessert	Yoghurt / Fruits Allergens: dairy	Yoghurt / Fruits Allergens: dairy	Yoghurt / Fruits Allergens: dairy	Yoghurt Allergens: dairy	Yoghurt
Tea	Vegetable rice	Spinach pasta	Fish fingers/ Vegetable	Potatoes with	Allergens: dairy Sandwiches with cheese and
(3:30pm)	Milk and mixed fruit	Milk and fruits	fingers and chips	baked beans	butter
			Fruit and milk	Fruit and milk	Milk, fruits
	Allergens: dairy, gluten	Allergens: dairy, gluten	Allergens: -fish	Allergens: gluten	Allergens: fish, gluten
Afternoon Snack (4pm)	A snack table containing a k	oowl of mixed fruit, assorted	l crackers and milk will also from if they wish.	be available during	the day for children to choose

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast (8:00 – 8:45 am)	A Selection of cereals with warm or cold milk, toast and butter, with milk or water to drink. A selection of fruit will also be available					
Morning Snack 10:00 - 10:30am	Snack table containing a bowl of mixed fruit, assorted crackers, breadsticks and milk will also be available during the day for children to					
Lunch E/R 11:15 D/R 11:45am	Chilli con carne with rice, vegetables. Chicken stew with potatoes, vegetables Spaghetti Bolognese with sweetcorn and carrots Roast chicken with rice gravy, vegetables Vegetable pasta bake with cucumber and tomatoes					

	Allergens: - gluten	Allergens: dairy	Allergens: gluten	Allergens: - gluten	Allergens: gluten
Vegetarian	Vegetable con carne with vegetables.	Vegetarian stew with potatoes	Vegetarian Quorn Bolognese with sweetcorn and carrots	Vegetarian fingers and rice gravy with vegetables	Vegetable pasta bake
	Allergens: -gluten	Allergens: gluten	Allergens: gluten	Allergens: -	Allergens: gluten
Dessert	Yoghurt / Fruit Allergens: dairy	Yoghurt / Fruit Allergens: dairy	Yoghurt/ Fruit Allergens: dairy	Yoghurt / Fruit Allergens: dairy	Yoghurt/ Fruit Allergens: dairy
Tea (3:30pm)	Tuna pasta in tomato sauce Vegetable pasta Milk and fruits	Macaroni cheese Vegetable pasta Milk and fruits	Fish fingers/ Vegetable fingers and chips Milk and fruits	Spinach pasta Milk, raisins	Sandwiches with cheese and butter Milk, fruits
	Allergens: gluten, dairy	Allergens: gluten	Allergens: gluten	Allergens: fish, gluten	Allergens: fish , gluten
Afternoon Snack (4pm)	A snack table containing	a bowl of mixed fruit, assorte	ed crackers and milk will also be c if they wish.	available during the day t	for children to choose from