

Menu week 1

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times	Banana & apricot bagels	Crunchy granola & berries & milk	Cinnamon porridge	Cereal and fruit	Beans on toast
Contains	Gluten	Dairy, Gluten	Dairy, oats	Gluten, dairy, oats	Gluten

AM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Rice cake with cream cheese	Fruit tea cakes	Toasted pitta with tuna mayo dip	Hummus on crackers	Malt loaf and fruit
Contains	Dairy	Gluten	Gluten, egg	Gluten	Dairy, gluten

Lunches

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Macaroni cheese with summer vegetables	Sausage casserole served with roast potatoes and spring vegetables	Roast gammon with herby baby potatoes and salad	Boiled fish with a herby tomato sauce served with rice and vegetables	Chicken curry served with rice peas and sweetcorn
Contains	Dairy, wheat	Wheat, soya, barley, sulphates		Fish	Wheat, soya

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
Puddings	Fruit salad	Semolina with warm berries	Plum crumble with custard	Natural yoghurt with granola	Bananas with custard
Contains		Dairy, gluten	Milk, gluten,	Milk	Milk

PM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Watermelon lolly's	Half a boiled egg	Natural yoghurt with mandarin	Rainbow fruit pots	Sauger snap peas with hummus dip
Contains		Egg	Milk		Sesame oil

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Egg mayo pitta pockets	Tuna pasta with salad	Ham salad wraps	Crustless quiche with salad	Cheesy muffins with veg sticks
Contains	Egg, wheat	Wheat	Wheat	Dairy, egg	Wheat, dairy

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
pudding	Selection of fruit with cream	Crackers cheese and grapes	Jelly and fruit	Grapes and strawberries	Natural yoghurt and fruit
Contains	Milk	Wheat, milk			Milk

Menu week 2

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times	Cinnamon bananas on toast	Melon and crunchy bran pots	Cereal and veg sticks	Baked oats with summer berries.	Beans on toast
Contains	Gluten	Gluten	Gluten, oats	Oat, dairy, egg	Gluten

AM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Cheesy moons	Banana bread	Muffins with cream cheese and cucumber	Crumpets	Bananas on toast
Contains	Milk, gluten	Gluten, eggs	Gluten, Milk	Gluten, milk	Gluten

Lunches

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Mixed bean stew with green beans	Whole meal pitta bread pizzas with salad	Kedgree	Spaghetti bolognaise	Turkey stir fry and noodles
Contains	Gluten, sesame oil	Wheat, dairy	Fish	Gluten	Wheat, egg

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
Puddings	Crunchy cream	Melon boats and oranges	Chunky fruit Jelly	Malt loaf and cheese	Baked pear and granola
Contains	Milk			Milk, gluten	Gluten

PM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Apple and cream cheese	Vegetables sticks with hummus dip	Caramelized pineapple	Mashed avocado and boiled egg	Fromage frais
Contains	Dairy	Sesame oil		Egg	Milk

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Soup with a roll	Egg mayo pitta	Cheese on crackers with vegetable sticks	Chicken goujons with potato wedges and salad	Pilchards on toast
Contains	Gluten	Gluten, egg	Dairy, gluten	Gluten	Gluten, fish

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
pudding	Berry surprise	Bananas and pears	Fruit salad	Frozen yoghurt bark	Natural yoghurt and fruit
Contains				Dairy	Milk

Menu week 3

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times	Boiled eggs toast and veg sticks	Cereal and veg sticks	Banana bread	Traffic light omelette	Baked banana and porridge
Contains	Eggs, gluten	Gluten	Gluten, eggs	Egg	Oats, dairy

AM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Bread sticks with a hummus dip	Cheesy oat cakes with cherry tomatoes	Bagel cream cheese with tomatoes	Avocado on toast	Cheese on toast
Contains	Sesame oil, gluten	Oats	Dairy, gluten	Gluten	Gluten, dairy

Lunches

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chickpea and butternut squash Bolognese	Jacket potatoes with tuna and cheese and vegetable sticks	Chicken and mango curry with brown rice	Salmon and pea pasta	Lamb burgers with potato wedges and salad
Contains	Soya, gluten, barley, dairy	Gluten	Gluten, soya	Gluten, fish	

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
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Puddings	Rice pudding with a selection of fruit	Jelly pots	Fruit and cream	Cheese crackers and grapes	Baked pear and granola
Contains	Dairy, gluten		Dairy	Gluten, dairy	Gluten

PM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Banana milk shakes	Frozen berry bark	Vegetable sticks	Fruit platter	Crackers, cheese & grapes
Contains	Dairy	Dairy			Gluten, dairy

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Meat baguettes	Hot dogs with rice salad	Beans on toast	Muffin pizzas with vegetables sticks	Cream cheese and cucumber sandwiches.
Contains	Gluten,	Gluten,	Gluten	Dairy, gluten	Gluten, dairy

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
Pudding	Natural yoghurt fruit and granola	Bananas and pears	Fruit loaf and cheese	Crunchy berries	Fruit platter
Contains	Gluten, dairy		Gluten, dairy	Gluten	

Menu week 4

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times	Crumpets and summer fruits	Mushrooms on toast	Cereal and fruit	Plumb and peach grills with toast	Three bears breakfast
Contains	Gluten	Gluten	Gluten, dairy	Gluten, dairy	Oats, dairy

AM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Crackers cheese and grapes	Blueberry baked oats	Fruit loaf	Blueberry and banana loaf	Bagel and banana
Contains	Gluten, dairy	Oats, dairy	Gluten, dairy, egg, soya	Gluten, egg	Gluten

Lunches

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Lemon and chicken with brown rice	Summer baked veg	Turkey Ragu	Mince pie with a selection of vegetables	Fish cakes with potato wedges and beans
Contains			Gluten,	Gluten, soya	Fish, gluten

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
Puddings	Semolina	Rice pudding	Summer fruit crumble with custard	Bananas and custard	Jelly

Contains	Dairy, gluten	Dairy	Gluten, dairy	Dairy	
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PM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Chickpea fritters	Strawberry milkshake	Soft cooked vegetables	Fruit platter	Cooked meats
Contains		Dairy			

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Scrambled egg on toast with mushroom and tomato	Tuna crunch pittas	Cheese salad wraps	Cheese crackers with vegetable sticks	Cream cheese on toast
Contains	Gluten, egg,	Gluten, fish	Dairy, gluten	Dairy, gluten	Gluten, dairy

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
pudding	Natural yoghurt and fruit	Melon boats	Strawberries and cream	Fruit salad	Malt loaf and cheese
Contains	Dairy		Dairy		Gluten, dairy