

## Menu week 1

### Breakfast

Selection of cereals, toast muffins, crumpets and fruit loaf every day, as well as fruit juice.

### AM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Sugar snap peas and hummus	Fruit scones	Fruit & milk	Fruit loaf	Fruit and milk
Contains	Sesame oil egg	Milk, wheat	Milk	Wheat, soya, milk, eggs	Milk

### Lunches

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sweet and sour chicken & rice	Spaghetti bolognaise & garlic bread	Kedgerree	Roast Gammon Yorkshire pud	Bean stew, green beans & new potatoes
Contains	Soya, wheat	Wheat, milk	Fish, egg	Milk, wheat, soya, barley	Sesame oil, wheat,

### Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
Puddings	Fruit salad	Fromage frais and berries	Fruit crumble and custard	Rice pudding with fruit puree	Jelly and fruit
Contains		Milk	Milk, wheat	Milk	

PM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Muffin & melon with milk.	Cucumber and cream cheese	Rice cake and banana	Fruit and milk	Cracker and pate.
Contains	Wheat, milk, egg	Milk	Milk	Milk	Egg, wheat

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Cheese omelette with red pepper & potato salad	Veg soup and roll.	Cheese and ham sandwiches	Tuna pasta peas and sweetcorn.	Couscous with chicken and pepper.
Contains	Milk, egg,	Wheat, milk	Milk wheat	Wheat, fish, egg, mustard	

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
pudding	Ice cream dried fruit.	Biscuit and fruit	Fruit salad	Banana and custard	Stewed fruit and custard
Contains	Milk	Wheat, milk		Milk	Milk

## Menu week 2

### Breakfast

Selection of cereals, toast muffins, crumpets and fruit loaf every day, as well as fruit juice.

### AM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Bread sticks, cherry tomatoes and cheese.	Rice cake and peach with milk.	Roasted veg.	Grapes bread and butter	Cream cheese and apple.
Contains	Milk, wheat	Milk,		Wheat, milk	Milk

### Lunches

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sausage casserole & roast potatoes.	Summer veg bake with garlic bread.	Fish crumble	Chicken and pepper risotto	Lamb burgers wedges and peas.
Contains	Sulphates, wheat, soya, barley	Wheat,	Fish, milk, wheat	Milk	Wheat

### Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
Puddings	Fruit pie and carnation milk.	pineapple cake.	Fruit salad.	Rice pudding with fruit puree.	Carrot cake.
Contains	Milk,	Milk, wheat, egg	Milk wheat	Milk	Wheat, milk, egg

PM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Hummus on crackers.	Cucumber and mint and yoghurt dip.	Berry kababs	Cheese scone	Fruit and milk.
<b>Contains</b>	<b>Wheat, sesame oil</b>	<b>Milk</b>		<b>Wheat, milk,</b>	<b>Milk</b>

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Tuna Pitta pockets & veg sticks.	Hot dog with rice salad.	Cheese and ham wraps.	Jacket potato and pilchards	Beans on toast.
<b>Contains</b>	<b>Wheat,</b>	<b>Wheat</b>	<b>Milk wheat</b>	<b>Wheat, fish</b>	<b>Wheat</b>

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
pudding	Fruit salad.	Ice cream and fruit.	Yoghurt and fruit.	Oat biscuit and fruit.	Semolina and berries.
<b>Contains</b>		<b>Milk</b>	<b>Milk</b>	<b>Wheat, milk</b>	<b>Milk, wheat</b>

## Menu week 3

### Breakfast

Selection of cereals, toast muffins, crumpets and fruit loaf every day, as well as fruit juice.

### AM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Fruit and milk.	Bagel and cherry tomatoes	Apple and cheese	Pitta bread & tuna dip with cucumber & milk.	Melba toast and pate
<b>Contains</b>	<b>Milk</b>	<b>Wheat</b>	<b>Milk</b>	<b>Wheat, fish, milk</b>	<b>Wheat, egg</b>

### Lunches

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chick pea curry with butter nut squash & rice.	Roast chicken veg and York pudding with roast potatoes.	Spaghetti bolognaise	Pork casserole, vegetables and roast potatoes	Tuna pasta bake with broccoli and coliflour.
<b>Contains</b>	<b>Soya, wheat, barley, milk</b>	<b>Egg, wheat, barley, soya, milk</b>	<b>Wheat</b>	<b>Wheat, milk, barley, soya</b>	<b>Fish, wheat, milk, egg, mustard</b>

### Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
Puddings	Chocolate and pear sponge with custard.	Fruit salad.	Semolina and fruit	Jelly and fruit.	Fruit salad
<b>Contains</b>	<b>Milk, wheat, egg</b>		<b>Milk, wheat</b>		

PM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Cheese and cracker	Fruit loaf.	Fruit and milk.	Fruit and milk.	Popcorn
Contains	Milk, egg, wheat	Wheat,	Milk	Milk	

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Pilchards on toast.	Sausage pasta with peas.	Chicken goujons wedges and salad	Vegetable pizza	Mint and pea soup and bread and butter.
Contains	Fish, wheat	Wheat	Milk wheat	Milk, wheat	Wheat

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
Pudding	Flapjack	Natural yoghurt with berries.	Fruit platter	Apple cake.	Biscuit and fruit.
Contains	Sulphur	Milk		Milk, egg, wheat	Wheat, milk

## Menu week 4

### Breakfast

Selection of cereals, toast muffins, crumpets and fruit loaf every day, as well as fruit juice.

### AM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Cream cheese and bagel	Rice cake and banana.	Nan bread mango chutney.	Wrap and salsa dip.	Cracker and cottage cheese.
<b>Contains</b>	<b>Wheat, milk,</b>	<b>Milk</b>	<b>Wheat</b>	<b>Wheat</b>	<b>Wheat, milk</b>

### Lunches

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Salmon and broccoli pasta.	Meat balls with pasta and garlic bread.	Sausage and jobbins.	Chicken curry and rice.	Lamb stew and potatoes & veg.
<b>Contains</b>	<b>Fish, wheat</b>	<b>Wheat, milk</b>	<b>Barley, milk, soya</b>	<b>Soya, wheat</b>	<b>Barley, milk, wheat</b>

### Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
Puddings	Banana loaf	Baked pear & ice cream.	Fruit salad	Jelly and fruit.	Stewed fruit and custard.
<b>Contains</b>	<b>Milk, egg wheat</b>	<b>Milk</b>	<b>Milk wheat</b>		<b>Milk</b>

PM snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Water available at all times.	Sliced apple crisps.	fruit milk shakes.	Pancake and fruit.	Fruit and milk.	Fruit and milk.
Contains		Milk	Wheat, milk, egg	Milk	Milk

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Scrambled egg on toast with mushroom and tomato.	Cucumber and cream cheese sandwiches.	Burritos with salad.	Pilchard pasta.	Bacon and leek risotto.
Contains	Wheat, egg,	Wheat, milk	Milk wheat	Wheat, fish	Wheat

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
pudding	Yoghurt and fruit.	Rice pudding.	Flapjack.	Bread & butter pudding and custard.	Fruit salad.
Contains	Milk	Milk	Sulphur	Milk, wheat, egg,	