

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.	Bananas on toast	Fruit scones	Fruit & milk	Fruit loaf	Fruit and milk
Contains	Wheat	Milk, wheat	Milk	Wheat, soya, milk, eggs	Milk

Lunches

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

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
Puddings	Fruit salad	Nat yoghurt 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.	Fruit and milk	Cucumber and cream cheese	Rice cake and banana	Fruit and milk	Cracker and pate.
Contains	milk	Milk	Milk	Milk	Egg, wheat

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Cheese on toast	Veg soup and roll.	Cheese and ham sandwiches	Tuna pasta peas and sweetcorn.	Egg mayo pitta pockets. With veg sticks
Contains	Milk, wheat	Wheat, milk	Milk wheat	Wheat, fish, egg, mustard	Wheat, 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.	Muffins and strawberries	Grapes bread and butter	Cream cheese and apple.
Contains	Milk, wheat	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.	Fruity oat crumble	Carrot cake.
Contains	Milk,	Milk, wheat, egg	Milk wheat	Milk, wheat	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.
Contains	Wheat, sesame oil	Milk		Wheat, milk,	Milk

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.
Contains	Wheat,	Wheat	Milk wheat	Wheat, fish	Wheat

Puddings

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

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
Contains	Milk	Wheat	Milk	Wheat, fish, milk	Wheat, egg

Lunches

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

Puddings

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

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.
Contains	Wheat, milk,	Milk	Wheat	Wheat	Wheat, milk

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.
Contains	Fish, wheat	Wheat, milk	Barley, milk, soya	Soya, wheat	Barley, milk, wheat

Puddings

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

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.	Bacon Pasta bake	Pilchard pasta.	Soup with toasted muffin
Contains	Wheat, egg,	Wheat, milk	Milk, gluten	Wheat, fish	Wheat, milk

Puddings

	Monday	Tuesday	Wednesday	Thursday	Friday
pudding	Flapjack	Rice pudding.	Yoghurt and fruit	Fruit platter	Fruit salad.
Contains	Milk Sulphur	Milk	Milk		