

# WEEK 1

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

# WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	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 <b>6 / 8 / 14</b>				
<b>MORNING SNACK</b>	Selection of Fresh Fruit and Vegetable Sticks				
<b>LUNCH</b>	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 <b>1</b>
<b>VEGETARIAN OPTION</b>		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 <b>8</b>	Potato and Vegetable Frittata with Green Beans <b>7</b>
<b>DESSERT</b>	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk <b>6</b>	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk <b>6</b>	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk <b>6</b>	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk <b>6</b>	Yoghurt and Berries or Custard with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk <b>6</b>
<b>AFTERNOON SNACK</b>	Selection of Wholewheat Crackers, Breadsticks, Rice Crackers served with Soft Cheese or Home-made Houmous <b>6 / 11 / 14</b>				
<b>TEA</b>	Chicken with Egg Noodles and Peppers <b>7 / 14</b>	Macaroni Cheese with Ham served with Carrot and Cucumber <b>6 / 14</b>	Fish Finger Wrap with Peas <b>1 / 14</b>	Tomato and Lentil Pasta Bake with Cucumber Sticks <b>14</b>	Jacket Potato with Baked Beans and Cheese served with Pepper Sticks
<b>VEGETARIAN OPTION</b>	Quorn Fillet with Egg Noodles and Peppers <b>7 / 14</b>	Macaroni Cheese with Boiled Egg served with Carrot and Cucumber <b>6 / 14</b>	Fishless Finger Wrap with Peas <b>14</b>		
<b>DESSERT</b>	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk <b>6</b>	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 <b>6</b>	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk <b>6</b>	Fresh Fruit or Stewed Apples
<b>Allergens Key: numbers under meals indicate the allergen in that meal</b>					
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# WEEK 3

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	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 <b>6 / 8 / 14</b>				
<b>MORNING SNACK</b>	Selection of Fresh Fruit and Vegetable Sticks				
<b>LUNCH</b>	Chickpea and Vegetable Biryani and Sweetcorn	Cumberland Pie with Carrots <b>14</b>	Meatballs with Tomato Sauce and Pasta with Green Beans <b>14</b>	Roast Chicken served with Roast Potatoes, Carrots and Cabbage	Salmon Fish Pie with Broccoli <b>1 / 6</b>
<b>VEGETARIAN OPTION</b>		Red Lentil Cumberland Pie with Carrots <b>14</b>	Vegetarian Meatballs with Tomato Sauce and Pasta with Green Beans <b>14</b>	Roast Quorn Fillet served with Roast Potatoes, Carrots and Cabbage	Cheese and Potato Pie with Broccoli <b>6</b>
<b>DESSERT</b>	Yoghurt and Berries or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk <b>6</b>	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk <b>6</b>	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk <b>6</b>	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk <b>6</b>	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk <b>6</b>
<b>AFTERNOON SNACK</b>	Selection of Wholewheat Crackers, Breadsticks, Rice Crackers served with Soft Cheese or Home-made Houmous <b>6 / 11 / 14</b>				
<b>TEA</b>	Tuna and Egg Pasta Salad with Pepper Sticks <b>1 / 14</b>	Mixed Bean Wrap with Sweet Potato Cubes and Salsa <b>14</b>	Fish Fingers with Potato Wedges and Peas <b>1 / 14</b>	Cheese and Pepper Pizza with Baked Beans and Cucumber Sticks <b>6 / 14</b>	Tomato and Lentil Pasta with Corn on the Cob <b>14</b>
<b>VEGETARIAN OPTION</b>	Egg and Pasta Salad with Pepper Sticks <b>7 / 14</b>		Vegetarian Falafel with Potato Wedges and Peas		
<b>DESSERT</b>	Fresh Fruit or Stewed Apples with Custard or a Cup of Milk <b>6</b>	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk <b>6</b>	Yoghurt and Berries or Rice Pudding with Fruit or Frozen Yoghurt with Fruit or Fresh Fruit with a Cup of Milk <b>6</b>	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 <b>6</b>
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