

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast / Morning Snack</u>	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G
<u>Lunch</u>	Sausage, Mash, Veg and Onion Gravy G Fromage Frais M	Picnic Lunch G Fresh Fruit	Meatballs and Spaghetti G Rice Krispie Cake G M	Fish Fingers, Mash and Peas G Fresh Fruit M	Billy Can Beans G Shortbread G
<u>Mid Afternoon Snack</u>	Crumpets G	Crackers and Cheese G M	Homemade Scone and Jam G	Pasta Salad G	Cheese Straws G M Mu
<u>Tea</u>	Fishfingers, Chips and Peas F Tray Bake G E	Crunchy Chicken, Wedges, Beans Chocolate Tart G M	Sweet and Sour Chicken and Rice Fresh Fruit	Mac and Cheese G M Fromage Frais M	Pizza Quesadillas, Potato Salad, Garlic Bread G Fresh Fruit

Ce - Celery G - Gluten (Wheat, Barley, Oats) Cr - Crustaceans E - Eggs F - Fish L - Lupin M - Milk Mo - Molluscs Mu - Mustard N - Nuts PN - Peanuts So - Soya Su - Sulphites

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast / Morning Snack</u>	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G
<u>Lunch</u>	Chicken Paella Fromage Frais M	Shepherds Pie and Vegetables Fresh Fruit	Picnic Lunch G Raisin and Banana Cake G	Beef Keema and Rice Fresh Fruit	Nut Free Pesto Pasta G Fromage Frais M
<u>Mid Afternoon Snack</u>	Fresh Fruit	Pitta Bread Fingers and Dip G E M	Cheese and Cucumber M	Rice Cake Fingers and Soft Cheese M	Breadsticks and Dips G E M
<u>Tea</u>	Roast Dinner Flapjack G	Tomato Pasta and Garlic Bread G Iced Finger Rolls G	Homemade Fish Cake, Sweet Potato Mash and Beans F Fromage Frais M	Cottage Pie and Mixed Vegetables Chelsea Bun G	Pizza and Veg Sticks G Fresh Fruit
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast / Morning Snack</u>	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G	Selection of cereal with milk M G Wholemeal toast with spread G
<u>Lunch</u>	Chicken Curry and Rice Fromage Frais M	Sausage Plait, New Potatoes Vegetables G Melon Sticks	Tomato Pasta G Choc Chip Muffin G E	Gammon, Mash and Vegetables Fresh Fruit	Spanish Chicken and Rice Fromage Frais M
<u>Mid Afternoon Snack</u>	Pizza Wraps G M	Breadsticks and Dip G E M	Cheese and Cucumber M	Pancake Fingers and Strawberries G	Crackers and Cheese G M
<u>Tea</u>	Sausage, Mash and Beans G Apple Crumble G	Garlic Chicken, Rice and Peas G Marble Biscuits G	Roast Dinner Fresh Fruit	Pizza Swirls, Chips and Beans G M Cookie G	Homemade Fish Goujons, New Potatoes and Sweetcorn G Fresh Fruit

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