

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>
Lunch Main Plus Starter, Side OR second dish	Burritos and Wedges <i>G</i> Fruit	Chinese chicken curry <i>G</i> Fruit	Campfire stew and homemade bread <i>G</i> Fruit	Chicken casserole with roast potatoes <i>G M</i> Fruit	Hidden vegetable Sausage Pasta <i>G</i> Fruit
Mid Afternoon Snack	Cheese & cucumber <i>M</i>	Strawberry oat bars <i>G M</i>	Breadsticks & hummus <i>G</i>	Fromage frais <i>M</i>	Pitta & dip <i>G M</i>
Tea Plus Starter, Side OR second dish	Creamy vegetable tagliatelle <i>G M</i>	Pitta pizza Garlic bread & salad <i>G M</i>	Lasagne rolls Potato salad & cucumber slices <i>G M</i>	Chinese noodles with prawn crackers <i>G M F</i>	Jollof rice Vegetable sticks <i>G</i>

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
Breakfast	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>
Lunch Main Plus Starter, Side OR second dish	Vegetable pasta bake Garlic bread <i>G M</i> Fruit	Chicken teriyaki New potatoes & broccoli <i>G SO</i> Fruit	Chilli con carne Savoury rice Fruit	Sausage rolls Wedges and beans <i>G</i> Fruit	Beef Keema Rice <i>G</i> Fruit
Mid Afternoon Snack	Banana bread <i>G M E</i>	Cheese & crackers <i>G M</i>	Fromage frais <i>M</i>	Cheese & pineapple <i>M</i>	Pizza twists <i>G M E</i>
Tea Plus Starter, Side OR second dish	Fish fingers Sweet potato fries <i>G F</i>	Scotch egg Vegetable sticks & coleslaw <i>G M E</i>	Curry wraps Corn on the cob <i>G</i>	Hidden Vegetable pasta <i>G M</i>	Tea party <i>G M</i>

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>	Selection of cereal with milk <i>G M</i>
Lunch Main Plus Starter, Side OR second dish	Pitta pizza Wedges & Sweetcorn <i>G M</i> Fruit	Jamaican chicken curry Rice <i>G S</i> Fruit	Mac & cheese Sweetcorn <i>G M</i> Fruit	Sausage & mash Mixed vegetables <i>G M</i> Fruit	Jerk chicken Rice & Peas <i>G S</i> Fruit
Mid Afternoon Snack	Broccoli cheese bites <i>G M E</i>	Beetroot brownie <i>G M E</i>	Vegetable sticks & dip <i>M</i>	Granola bar <i>G M E</i>	Cheese & crackers <i>G M</i>
Tea Plus Starter, Side OR second dish	Ratatouille pasta <i>G</i>	Fish finger wraps Vegetable sticks <i>G F</i>	Mixed bean chilli Garlic tortilla <i>G</i>	Selection of sandwiches <i>G M S</i>	Tuna mayo pasta salad <i>G M E</i>

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