

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
<b>8 - 9</b>	Milk	milk	milk	milk	milk
<b>Mid-morning</b>		Bagels		Muffins	Hole meal toast
<b>9.40-10</b>	Whole toast Milk Water Vege sticks	Milk Water Banana	Brown toast Milk Water Cucumber/ toms	Milk Water Oranges	Milk Water apples
<b>Lunch</b>	Roast chicken Green beans/carrots Mashed pots Gravy	Baked fish pie broccoli/ peas Mashed pots /	sausage cabbage /carrots Mashed pots - roasts Gravy	Cheese pasta bake beans/broc/carrots baked pots/mash	Healthy pizza peas/peppers Oven chips
<b>Vegetarian</b>	Egg Green beans/carrots Mashed pots water	Cheesed rolls Green peppers Waffles water	Pasta cheese bake Sweet corn/carrots Mashed pots water	Onion bhaji Green beans/carrots Mashed pots water	Spinach pasta beans/carrots oven bake water
<b>Pudding</b>	Strawberries – apples	Melon – grapes	Oranges – apples	Mixed fruit dish	Jelly
<b>Snack</b>	Rice cakes juice 1/10 water	Rice cakes juice 1/10 water	Rice cakes juice 1/10 water	Rice cakes juice 1/10 water	Rice cakes juice 1/10 water
<b>Tea time</b>	Bread sticks Cheese dips/ hummus Veg sticks	Crackers Cheese salad	Ham/cheese sandwiches	Crusty bread – veg sticks	Bread sticks Cheese dips/ hummus Veg sticks
Dairy	fruit	Grain	Lean meats- poultry-fish eggs – tofu-seeds -none dairy protein	Vegetables, legumes beans	

**ALLERGENS**

Celery	Cereals –	Crustaceans ,	Eggs	Fish	Lupin	Milk
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Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	soya	sulphites
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
8 - 9	Milk	milk	milk	milk	milk	milk
<b>Mid-morning</b>						
9.40-10	Whole toast Milk Water Vege sticks	Bagels Milk Water Banana	Brown toast Milk Water Cucumber/ toms	Muffins Milk Water Oranges	Hole meal toast Milk Water apples	
<b>Lunch</b>						
11.45- 12.15	Roast chicken Green beans/carrots Mashed pots Gravy	Baked fish pie broccoli/ peas Mashed pots /	sausage cabbage /carrots Mashed pots - roasts Gravy	Cheese pasta bake beans/broc/carrots baked pots/mash	Healthy pizza peas/peppers Oven chips	
<b>Vegetarian</b>						
	Egg Green beans/carrots Mashed pots water	Cheesed rolls Green peppers Waffles water	Pasta cheese bake Sweet corn/carrots Mashed pots water	Onion bhaji Green beans/carrots Mashed pots water	Spinach pasta beans/carrots oven bake water	
<b>Pudding</b>						
	Strawberries – apples	Melon – grapes	Oranges – apples	Mixed fruit dish	Jelly	
<b>Snack</b>						
2.00	Rice cakes juice 1/10 water	Rice cakes juice 1/10 water	Rice cakes juice 1/10 water	Rice cakes juice 1/10 water	Rice cakes juice 1/10 water	
<b>Tea time</b>						
3.30 / fruit juice	Bread sticks Cheese dips/ hummus Veg sticks	Crackers Cheese salad	Ham/cheese sandwiches	Crusty bread – veg sticks	Bread sticks Cheese dips/ hummus Veg sticks	
Dairy	fruit	Grain	Lean meats- poultry-fish eggs – tofu-seeds -none dairy protein	Vegetables, legumes beans		

**ALLERGENS**

Celery	Cereals –	Crustaceans ,	Eggs	Fish	Lupin	Milk
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Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	soya	sulphites
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
8 - 9	milk	milk	milk	milk	Milk	
<b>Mid-morning</b>	Bagels		Muffins	Hole meal toast		
9.40-10	Milk	Brown toast	Milk	Milk		Whole toast
	Water	Milk	Water	Water		Milk
	Banana	Water	Oranges	apples		Water
		Cucumber/ toms				Vege sticks
<b>Lunch</b>	Baked fish pie	sausage	Cheese pasta bake	Healthy pizza	Roast chicken	
11.45- 12.15	broccoli/ peas	cabbage /carrots	beans/broc/carrots	peas/peppers	Green beans/carrots	
	Mashed pots /	Mashed pots - roasts	baked pots/mash	Oven chips	Mashed pots	
		Gravy			Gravy	
<b>Vegetarian</b>	Cheesed rolls	Pasta cheese bake	Onion bhaji	Spinach pasta	Egg	
	Green peppers	Sweet corn/carrots	Green beans/carrots	beans/carrots	Green beans/carrots	
	Waffles	Mashed pots	Mashed pots	oven bake	Mashed pots	
	water	water	water	water	water	
<b>Pudding</b>						
	Melon – grapes	Oranges – apples	Mixed fruit dish	Jelly	Strawberries – apples	
<b>Snack</b>	Rice cakes	Rice cakes	Rice cakes	Rice cakes	Rice cakes	
2.00	juice 1/10	juice 1/10	juice 1/10	juice 1/10	juice 1/10	
	water	water	water	water	water	
<b>Tea time</b>						
3.30 / fruit juice	Crackers	Ham/cheese	Crusty bread – veg	Bread sticks	Bread sticks	
	Cheese	sandwiches	sticks	Cheese dips/ hummus	Cheese dips/ hummus	
	salad			Veg sticks	Veg sticks	
Dairy	fruit	Grain	Lean meats- poultry-fish	Vegetables, legumes beans		
			eggs – tofu-seeds -none			
			dairy protein			

**ALLERGENS**

Celery	Cereals –	Crustaceans ,	Eggs	Fish	Lupin	Milk
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Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	soya	sulphites
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
8 - 9	milk	milk	milk	milk	Milk	
<b>Mid-morning</b>	Bagels		Muffins	Hole meal toast		
9.40-10	Milk	Brown toast	Milk	Milk		Whole toast
	Water	Milk	Water	Water		Milk
	Banana	Water	Oranges	apples		Water
		Cucumber/ toms				Vege sticks
<b>Lunch</b>	Baked fish pie	sausage	Cheese pasta bake	Healthy pizza	Roast chicken	
11.45- 12.15	broccoli/ peas	cabbage /carrots	beans/broc/carrots	peas/peppers	Green beans/carrots	
	Mashed pots /	Mashed pots - roasts	baked pots/mash	Oven chips	Mashed pots	
		Gravy			Gravy	
<b>Vegetarian</b>	Cheesed rolls	Pasta cheese bake	Onion bhaji	Spinach pasta	Egg	
	Green peppers	Sweet corn/carrots	Green beans/carrots	beans/carrots	Green beans/carrots	
	Waffles	Mashed pots	Mashed pots	oven bake	Mashed pots	
	water	water	water	water	water	
<b>Pudding</b>						
	Melon – grapes	Oranges – apples	Mixed fruit dish	Jelly	Strawberries – apples	
<b>Snack</b>	Rice cakes	Rice cakes	Rice cakes	Rice cakes	Rice cakes	
2.00	juice 1/10	juice 1/10	juice 1/10	juice 1/10	juice 1/10	
	water	water	water	water	water	
<b>Tea time</b>						
3.30 / fruit juice	Crackers	Ham/cheese	Crusty bread – veg	Bread sticks	Bread sticks	
	Cheese	sandwiches	sticks	Cheese dips/ hummus	Cheese dips/ hummus	
	salad			Veg sticks	Veg sticks	
Dairy	fruit	Grain	Lean meats- poultry-fish	Vegetables, legumes beans		
			eggs – tofu-seeds -none			
			dairy protein			

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Celery	Cereals –	Crustaceans ,	Eggs	Fish	Lupin	Milk
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<b>Molluscs</b>	<b>Mustard</b>	<b>Nuts</b>	<b>Peanuts</b>	<b>Sesame seeds</b>	<b>soya</b>	<b>sulphites</b>



