

Week One

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies, cornflakes, Weetabix, Fresh Fruit, Porridge and Wholemeal Toast				
Lunch	Chicken Curry 	Sausages 	Macaroni Cheese 	Tomato and Basil Pasta 	Fish Cakes
Lunch Vegetarian Option	Cauliflower, Spinach and Lentil Curry 	Vegan Sausages 	Vegetable Gratin 	Tomato and Basil Pasta 	Moroccan Bean Casserole
On the Side	Rice and Peas	Mashed Potatoes and Baked Beans	Roast Potatoes and Carrots	Broccoli	Oven Chips and Peas
Dessert	Apples and Pears	Sliced Melon	Natural Yoghurt with sliced Peaches 	Satsuma Segments	Fruity Lollies
Light Tea	Cheese/ dairy free wraps cherry tomatoes 	Wholegrain crackers with cheese, apple slices and grapes 	Pitta bread with tuna or cheese/ dairy Free cheese 	Jacket potato with selection of toppings and Pepper sticks	Sandwiches and Vegetable sticks
Snack	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				

Week Two

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies, cornflakes, Weetabix, Fresh Fruit, Porridge and Wholemeal Toast				
Lunch	Tuna Pasta Bake 	Chicken Curry 	Lentil and Vegetable Flaky Top Pie 	Sausages 	Beef Lasagne
Lunch Vegetarian Option	Tomato and Basil Pasta Bake 	Butter Bean and Cauliflower Curry 	Allergy Free Cottage Pie	Vegan Sausages 	Vegetable Lasagne
On the Side	Sweetcorn	Basmati Rice and Mixed Vegetables	Boiled Potatoes and Peas	Mash Potatoes & Baked Beans	Broccoli
Dessert	Vegan Jelly	Bananas	Fruity Lollies	Sliced Apple	Sliced Pear
Light Tea	Pancakes with yoghurt and fresh fruit. 	Wholemeal pitta bread with cheese/dairy free cheese and tomatoes 	Crumpets/wheat free crumpets cheese/dairy free cheese peppers 	Soft cheese/dairy free cheese sandwiches cucumber 	Baked beans with potato wedges
Snack	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				

Week Three

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies, cornflakes, Weetabix, Fresh Fruit, Porridge and Wholemeal Toast				
Lunch	Chicken and Ham Pie 	Pork Meatballs in Tomato and Herb Sauce 	Fish in Cheese Sauce 	Vegetable Quiche 	Vegetable Curry
Lunch Vegetarian Option	Baked Vegetable Pie 	Moroccan Bean Casserole 	Tomato, Lentil and Sweet Potato Crumble 	Vegetable Quiche 	Vegetable Gratin
On the Side	Mashed Potato and Carrots 	Sauté Potatoes and Green Beans	Oven Chips and Peas	Minted Boiled Potatoes and Carrots.	Potato Wedges and Sweetcorn
Dessert	Natural Yoghurt and Fresh Fruit 	Fresh Mixed Berries	Vegan Jelly	Sliced Pears	Watermelon Wedges
Light Tea	Crackers with soft cheese/dairy free soft cheese Sliced apple 	Cold Pasta Salad with peppers and cheese/dairy free cheese 	Cheese/dairy free cheese sandwiches. Cucumber 	Toasted Muffin with cheese and tomato 	Pancakes with yoghurt and fresh fruit
Snack	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				

Where allergens are present, it is displayed next to the appropriate meal

