



## Food Menu

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Mid-morning snack</a> A selection of: cherry tomatoes, cucumber sticks, carrot batons, raisins, apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries or mangoes served with breadsticks <i>Contains: wheat (Wheat free bread sticks provided)</i>				
<a href="#">Dinner</a> Tuna and sweetcorn pasta bake with garlic bread and green beans  <i>Contains: fish, wheat</i>	<a href="#">Dinner</a> Chicken sausage in a bun with homemade tomato sauce, sweet potato wedges and peas  <i>Contains: wheat</i>	<a href="#">Dinner</a> Barbeque chicken with rice and butternut squash	<a href="#">Dinner</a> Roast gammon with roast potatoes, broccoli and carrots	<a href="#">Dinner</a> Fish potato pie with mixed vegetables  <i>Contains: fish, milk</i>
<a href="#">Dietary requirements</a> Vegetable and tomato pasta bake with garlic bread  <i>Contains: wheat</i>	<a href="#">Dietary requirements</a> Meat free "sausages"  <i>Contains: wheat, soya, eggs</i>	<a href="#">Dietary requirements</a> Meat free "chicken"  <i>Contains: eggs, soya, wheat</i>	<a href="#">Dietary requirements</a> Vegetable patties  <i>Contains: wheat, soya</i>	<a href="#">Dietary requirements</a> Vegetable pie  <i>Contains: milk</i>
<a href="#">Pudding</a> Fruit yoghurt  <i>Contains: milk</i>	<a href="#">Pudding</a> Low sugar strawberry mousse  <i>Contains: milk</i>	<a href="#">Pudding</a> Flapjacks	<a href="#">Pudding</a> Carrot cake	<a href="#">Pudding</a> Apple and raspberry crumble with low sugar custard <i>Contains: wheat, milk</i>
<a href="#">Tea</a> Selection of sandwiches  <i>Contains: wheat; may contain: egg, fish, milk</i>	<a href="#">Tea</a> Cream cheese bagels with vegetable sticks  <i>Contains: wheat, milk</i>	<a href="#">Tea</a> Baked potato with cheese and coleslaw  <i>Contains: milk</i>	<a href="#">Tea</a> Macaroni cheese with peas  <i>Contains: wheat, milk</i>	<a href="#">Tea</a> Bean enchiladas with salad  <i>Contains: wheat</i>
<a href="#">Dietary requirements</a> For dietary requirements, an alternative will be provided				
<a href="#">Pudding</a>				

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### Food Menu

Fruit platter (a selection of: apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries, mangoes)

#### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Mid-morning snack</a>				
A selection of: cherry tomatoes, cucumber sticks, carrot batons, raisins, apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries or mangoes served with breadsticks <i>Contains: wheat (Wheat free bread sticks provided)</i>				
<a href="#">Dinner</a>  Chicken in black bean sauce with rice and broccoli	<a href="#">Dinner</a>  Fish pieces with breadcrumbs & herb topping, potato wedges and peas  <i>Contains: fish, wheat</i>	<a href="#">Dinner</a>  Spaghetti bolognaise with garlic bread and carrots  <i>Contains: wheat</i>	<a href="#">Dinner</a>  Hawaiian pizza with new potatoes and sweetcorn  <i>Contains: wheat</i>	<a href="#">Dinner</a>  Cauliflower & macaroni cheese with French bread and green beans  <i>Contains: wheat, milk</i>
<a href="#">Dietary requirements</a>  Meat free "chicken"  <i>Contains: eggs, soya, wheat</i>	<a href="#">Dietary requirements</a>  Vegetable fingers  <i>Contains: wheat</i>	<a href="#">Dietary requirements</a>  Meat free mince  <i>Contains: soya, wheat</i>	<a href="#">Dietary requirements</a>  N/A	<a href="#">Dietary requirements</a>  N/A
<a href="#">Pudding</a>  Cherry shortbread  <i>Contains: wheat</i>	<a href="#">Pudding</a>  Peach and pear crumble with low sugar custard  <i>Contains: wheat, milk</i>	<a href="#">Pudding</a>  Greek yoghurt with fresh fruit  <i>Contains: milk</i>	<a href="#">Pudding</a>  Ginger sponge with low sugar vanilla sauce  <i>Contains: wheat, egg, milk</i>	<a href="#">Pudding</a>  Ice cream with fresh fruit  <i>Contains: milk</i>
<a href="#">Tea</a>  Selection of wraps  <i>Contains: wheat; may contain: egg, fish, milk</i>	<a href="#">Tea</a>  Cheese and ham herb pasta bake  <i>Contains: wheat, milk</i>	<a href="#">Tea</a>  Baked beans on toasted bagels  <i>Contains: wheat</i>	<a href="#">Tea</a>  Selection of rolls  <i>Contains: wheat; may contain: egg, fish, milk</i>	<a href="#">Tea</a>  Toasted crumpets with cheese & tomatoes  <i>Contains: wheat</i>
<a href="#">Dietary requirements</a> For dietary requirements, an alternative will be provided				
<a href="#">Pudding</a>				
Fruit platter (a selection of: apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries, mangoes)				

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## Food Menu

### Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Mid-morning snack</u>				
A selection of: cherry tomatoes, cucumber sticks, carrot batons, raisins, apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries or mangoes served with breadsticks <i>Contains: wheat (Wheat free bread sticks provided)</i>				
<u>Dinner</u> Fish crumble with new potatoes and mixed vegetables <i>Contains: fish</i>	<u>Dinner</u> Lasagne with garlic bread and sweetcorn <i>Contains: wheat, milk</i>	<u>Dinner</u> Beef curry with rice and poppadum's <i>Contains: wheat</i>	<u>Dinner</u> Roast chicken with roast potatoes, cabbage & carrots	<u>Dinner</u> Chicken fajita wraps with potato wedges & green beans <i>Contains: wheat</i>
<u>Dietary requirements</u> Vegetable crumble	<u>Dietary requirements</u> Meat free mince <i>Contains: soya, wheat</i>	<u>Dietary requirements</u> Vegetable curry	<u>Dietary requirements</u> Falafels	<u>Dietary requirements</u> Meat free "chicken" <i>Contains: eggs, soya, wheat</i>
<u>Pudding</u> Fruit jelly	<u>Pudding</u> Apricot sponge with low sugar custard <i>Contains: wheat, egg, milk</i>	<u>Pudding</u> Oat biscuits <i>Contains: wheat</i>	<u>Pudding</u> Chocolate brownie with ice cream <i>Contains: wheat, egg, milk</i>	<u>Pudding</u> Fruit yoghurt <i>Contains: milk</i>
<u>Tea</u> Baked beans on toasted bagels <i>Contains: wheat</i>	<u>Tea</u> Selection of sandwiches <i>Contains: wheat; may contain: egg, fish, milk</i>	<u>Tea</u> Homemade pizza <i>Contains: wheat</i>	<u>Tea</u> Crackers/rice cakes with cheese, vegetable sticks & herb dip <i>Contains: milk, wheat</i>	<u>Tea</u> Sausage and vegetable pasta bake <i>Contains: wheat</i>
<u>Dietary requirements</u> For dietary requirements, an alternative will be provided				
<u>Pudding</u> Fruit platter (a selection of: apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries, mangoes)				

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## Food Menu

### Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Mid-morning snack</u>				
A selection of: cherry tomatoes, cucumber sticks, carrot batons, raisins, apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries or mangoes with breadsticks <i>Contains: wheat (Wheat free bread sticks provided)</i>				
<u>Dinner</u>  Chicken sausages, sweet potato wedges and sweetcorn  <i>Contains: wheat</i>	<u>Dinner</u>  Bean enchiladas, new potatoes with peas  <i>Contains: wheat</i>	<u>Dinner</u>  Turkey meatballs in a tomato basil sauce with rice	<u>Dinner</u>  Ham and mushroom tagliatelle with garlic bread and broccoli  <i>Contains: wheat, milk</i>	<u>Dinner</u>  Chicken and sweetcorn pie with mashed potatoes and mixed vegetables  <i>Contains: wheat</i>
<u>Dietary requirements</u>  Meat free "sausages" <i>Contains: wheat, soya, eggs</i>	<u>Dietary requirements</u>  N/A	<u>Dietary requirements</u>  N/A	<u>Dietary requirements</u>  Vegetable tagliatelle  <i>Contains: wheat</i>	<u>Dietary requirements</u>  Meat free "chicken" <i>Contains: wheat, soya, eggs</i>
<u>Pudding</u>  Apple crumble and low sugar custard  <i>Contains: milk</i>	<u>Pudding</u>  Strawberry ice cream with strawberries  <i>Contains: milk</i>	<u>Pudding</u>  Lemon tart with low sugar custard <i>Contains: wheat, egg, milk</i>	<u>Pudding</u>  Greek yoghurt with fresh fruit  <i>Contains: milk</i>	<u>Pudding</u>  Jelly with fresh fruit  <i>Contains: milk</i>
<u>Tea</u>  Tomato pasta  <i>Contains: wheat, milk</i>	<u>Tea</u>  Jacket potato with cheese and tuna sweetcorn	<u>Tea</u>  Hummus with vegetable sticks and pitta bread  <i>Contains: wheat</i>	<u>Tea</u>  Selection of sandwiches  <i>Contains: wheat; may contain: egg, fish, milk</i>	<u>Tea</u>  Selection of wraps  <i>Contains: wheat</i>
<u>Dietary requirements</u> For dietary requirements, an alternative will be provided				
<u>Pudding</u> Fruit platter (a selection of: apples, pears, satsumas, bananas, melons, plums, nectarines, grapes, pineapples, blueberries, strawberries, mangoes)				

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