



Week 1

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> Salmon and broccoli bake with garlic bread and sweetcorn <i>Contains: fish, wheat, milk</i>	<u>Dinner</u> Chicken curry with rice, naan bread and poppadum <i>Contains: wheat</i>	<u>Dinner</u> Lamb Lasagne with broccoli and cauliflower <i>Contains: wheat, milk</i>	<u>Dinner</u> Fish crumble with new potatoes and carrots <i>Contains: fish</i>	<u>Dinner</u> Chicken in black bean sauce with noodles and sweetcorn <i>Contains: wheat, eggs</i>
<u>Dietary requirements</u> Vegetable pasta with garlic bread <i>Contains: wheat</i>	<u>Dietary requirements</u> Meat free "chicken" <i>Contains: soya, wheat</i>	<u>Dietary requirements</u> Meat free lasagne <i>Contains: soya, wheat</i>	<u>Dietary requirements</u> Vegetable crumble	<u>Dietary requirements</u> Meat free "chicken" <i>Contains: soya, wheat</i>
<u>Pudding</u> Cherry shortbread <i>Contains: wheat</i>	<u>Pudding</u> Fruit yoghurts <i>Contains: milk</i>	<u>Pudding</u> Apple and pear crumble with low sugar custard <i>Contains: wheat, milk</i>	<u>Pudding</u> Fruit jelly	<u>Pudding</u> Jam tart with low sugar custard <i>Contains: wheat, milk</i>
<u>Tea</u> Baked beans on toasted bagels <i>Contains: wheat</i>	<u>Tea</u> Selection of wraps <i>Contains: wheat; may contain: fish, milk</i>	<u>Tea</u> Hummus with vegetable sticks and pitta bread <i>Contains: wheat</i>	<u>Tea</u> Cheese and Ham pasta bake <i>Contains: milk, wheat</i>	<u>Tea</u> Crumpets with cheese and vegetable sticks <i>Contains: wheat, milk</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)				

NOTE: Food menu may be subject to change without prior notice.



Food Menu

Week 2

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>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Barbeque chicken with rice and mixed vegetables	Pasta bolognaise with garlic bread and sweetcorn <i>Contains: wheat, milk</i>	Roast beef with Yorkshire puddings, roast potatoes, cabbage & carrots <i>Contains: wheat, milk</i>	Turkey meatballs with cous cous and broccoli	Fish pieces with breadcrumbs & sweet potato wedges and green beans <i>Contains: fish, wheat</i>
<u>Dietary requirements</u>	<u>Dietary requirements</u>	<u>Dietary requirements</u>	<u>Dietary requirements</u>	<u>Dietary requirements</u>
Meat free "chicken" <i>Contains: soya, wheat</i>	Meat free mince <i>Contains: soya, wheat</i>	Falafels	Meat free meatballs <i>Contains: eggs, soya, wheat</i>	Vegetable patties
<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>
Ice cream with fruit <i>Contains: milk</i>	Fruit muffins <i>Contains: wheat, eggs</i>	Apple sponge with custard <i>Contains: wheat, egg, milk</i>	Fruit yoghurts <i>Contains: milk</i>	Bananas with low sugar custard <i>Contains: milk</i>
<u>Tea</u>	<u>Tea</u>	<u>Tea</u>	<u>Tea</u>	<u>Tea</u>
Selection of sandwiches <i>Contains: wheat; may contain: egg, fish, milk</i>	Jacket potato with cheese and baked beans <i>Contains: milk</i>	Crackers/rice cakes with cheese, vegetable sticks & herb dip <i>Contains: milk, wheat</i>	Homemade pizza <i>Contains: wheat, milk</i>	Tomato 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)				



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 curry with rice and naan bread <i>Contains: fish, wheat, milk</i>	<u>Dinner</u> Chicken and sweetcorn pie with new potatoes, carrots & cauliflower <i>Contains: wheat</i>	<u>Dinner</u> Macaroni cheese with garlic bread and mixed vegetables <i>Contains: wheat, milk</i>	<u>Dinner</u> Shepherds' pie with broccoli	<u>Dinner</u> Sausage casserole with cous cous and sweetcorn
<u>Dietary requirements</u> Vegetable curry	<u>Dietary requirements</u> Meat free "chicken" <i>Contains: soya, wheat</i>	<u>Dietary requirements</u> N/A	<u>Dietary requirements</u> Meat free mince <i>Contains: soya, wheat</i>	<u>Dietary requirements</u> Meat free sausages <i>Contains: wheat, soya</i>
<u>Pudding</u> Fruit yoghurts <i>Contains: milk</i>	<u>Pudding</u> Jam sponge with low sugar custard <i>Contains: wheat, egg, milk</i>	<u>Pudding</u> Fruit jelly	<u>Pudding</u> Apple and peach crumble with low sugar custard <i>Contains: wheat, milk</i>	<u>Pudding</u> Ginger biscuit <i>Contains: wheat, milk</i>
<u>Tea</u> Pitta pockets with a selection of fillings <i>Contains: wheat; may contain: egg, fish, milk</i>	<u>Tea</u> Cream cheese on toasted bagels with vegetable slices <i>Contains: wheat, milk</i>	<u>Tea</u> Crumpets with cheese and vegetable sticks and pitta bread <i>Contains: wheat</i>	<u>Tea</u> Selection of wraps <i>Contains: wheat</i>	<u>Tea</u> Jacket potato with cheese and tuna <i>Contains: fish, milk</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)				



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 fajita wraps with potato wedges & green beans <i>Contains: wheat</i>	<u>Dinner</u> Neapolitan pasta with garlic bread and mixed vegetables <i>Contains: wheat, milk</i>	<u>Dinner</u> Beef Casserole with new potatoes and broccoli	<u>Dinner</u> Roast chicken with roast potatoes, stuffing, cabbage and carrots <i>Contains: wheat</i>	<u>Dinner</u> Chilli con carne with rice and peas
<u>Dietary requirements</u> Meat free "chicken" <i>Contains: soya, wheat</i>	<u>Dietary requirements</u> N/A	<u>Dietary requirements</u> Meat free Beef <i>Contains: wheat, soya</i>	<u>Dietary requirements</u> Vegetable patties	<u>Dietary requirements</u> Meat free "mince" <i>Contains: soya, wheat</i>
<u>Pudding</u> Fruit yoghurts <i>Contains: milk</i>	<u>Pudding</u> Chocolate sponge with chocolate sauce <i>Contains: wheat, milk, eggs</i>	<u>Pudding</u> Carrot cake <i>Contains: eggs, wheat</i>	<u>Pudding</u> Bread and butter pudding with low sugar custard <i>Contains: wheat, egg, milk</i>	<u>Pudding</u> Ice cream with fresh fruit <i>Contains: milk</i>
<u>Tea</u> Crackers/rice cakes with cheese, vegetable sticks & herb dip <i>Contains: milk, wheat</i>	<u>Tea</u> Baked beans on toasted bagels <i>Contains: wheat</i>	<u>Tea</u> Homemade pizza <i>Contains: wheat, milk</i>	<u>Tea</u> Tuna and pasta bake <i>Contains: fish, wheat</i>	<u>Tea</u> Selection of sandwiches <i>Contains: wheat; may contain: egg, fish, milk</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)				

NOTE: Food menu may be subject to change without prior notice.