Week 1

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| --- | --- | --- | --- | --- | --- |
|  | Breakfast | Snack | Lunch | Snack | Tea |
| Monday | Choice of cereals and fruit**(Wheat, milk)**Dairy free alternatives available | Wholemeal Toast/Fruit**(Wheat, Soya)****Milk and water to drink** | Jacket potato with beans and cheeseCucumber sticks**(Milk if cheese chosen)**Choice of Fruit  |  Rice cakes and savoury crackers**(Wheat)****Milk and water to drink** | Cheese, ackers, veg sticks and dipsand fruit platter**(Wheat, Milk, Sesame seed)** |
| Tuesday | Choice of cereals and fruit**(Wheat, milk)**Dairy free alternatives available | Fruit toast**(Wheat, Soya)****Milk and water to drink** | Salmon, Broccoli and cheese pasta bake**(Fish, Wheat, Milk)** Choice of fruit | Fruit**Milk and water to drink** | Scrambled egg and Low sugar Beans on wholemeal toast**(Egg, Wheat)** |
| Wednesday | Choice of cereals and fruit**(Wheat, milk)**Dairy free alternatives available | Wholemeal Toast/Fruit**(Wheat, Soya)****Milk and water to drink** | Veggie Sausage, mash, Seasonal vegetables and gravy**(Egg, Wheat, Barley, Soya)**Choice of fruit | Rice cakes and savoury crackers**(Wheat)****Milk and water to drink** | Egg Fried rice**(Egg)** |
| Thursday | Choice of cereals and fruit**(Wheat, milk)**Dairy free alternatives available | Crumpets**(Wheat, Soya)****Milk and water to drink** | Chicken curry, rice and naan bread**(Wheat, Coconut)**Choice of fruit | Fruit**Milk and water to drink** | Cheese and tuna sandwiches Veg sticks**(Fish, Wheat, Milk)** |
| Friday | Choice of cereals and fruit**(Wheat, milk)**Dairy free alternatives available | Wholemeal Toast/Fruit**(Wheat, Soya)****Milk and water to drink** | Fish, homemade wedges and peas**(Fish, Wheat)** Choice of fruit  | Pitta, Houmous and soft cheese**(Wheat, Milk, Sesame seed)****Milk and water to drink** | Lentil and Tomato soup**(Wheat)** |

Week 2

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| --- | --- | --- | --- | --- | --- |
|  | Breakfast | Snack | Lunch | Snack | Tea |
| Monday | Choice of cereals and fruit**(Wheat, milk)**Dairy free alternatives available | Wholemeal Toast/Fruit**(Wheat, Soya)****Milk and water to drink** | Chicken and mixed vegetable biriyaniChoice of Fruit  |  Rice cakes and savoury crackers**(Wheat)****Milk and water to drink** | Chicken soup and fruit platter**(Wheat, Milk)** |
| Tuesday | Choice of cereals and fruit**(Wheat, milk)**Dairy free alternatives available | Fruit toast**(Wheat, Soya)****Milk and water to drink** | Tomato, Tuna and vegetable pasta bake**(Fish, Wheat, Milk)** Choice of fruit | Fruit**Milk and water to drink** | Cheese and Tuna sandwiches Veg sticks**(Wheat, fish, Milk)** |
| Wednesday | Choice of cereals and fruit**(Wheat, milk)**Dairy free alternatives available | Fruit platter**(Wheat, Soya)****Milk and water to drink** | Chicken roast dinner- Chicken, Mashed potato, Seasonal vegetables, Yorkshire pudding and gravy.**(Milk, Egg, Wheat)**Choice of fruit | Rice cakes and savoury crackers**(Wheat)****Milk and water to drink** | Scrambled egg and Low sugar Beans on wholemeal toast**(Egg, Wheat)** |
| Thursday | Choice of cereals and fruit**(Wheat, milk)**Dairy free alternatives available | Wholemeal Toast/Fruit**(Wheat, Soya)****Milk and water to drink** | Sausage, pepper and mushroom casserole and boiled potatoes **(Wheat, Soya)**Choice of fruit | Fruit**Milk and water to drink** | Cheese and ham wrapsVeg sticks**(Wheat, Milk)** |
| Friday | Choice of cereals and fruit**(Wheat, milk)**Dairy free alternatives available | Wholemeal Toast/Fruit**(Wheat, Soya)****Milk and water to drink** | Homemade hidden veg wholemeal pizza, chips, beans.**(Wheat, Cheese)** Choice of fruit  | Pitta, Houmous and soft cheese**(Wheat, Milk, Sesame seed)****Milk and water to drink** | Egg Fried rice**(Egg)** |