Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 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 cheese  Cucumber sticks  **(Milk if cheese chosen)**  Choice of Fruit | Rice cakes and savoury crackers  **(Wheat)**  **Milk and water to drink** | Cheese, ackers, veg sticks and dips  and 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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 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 biriyani  Choice 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 wraps  Veg 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)** |