

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)