	Breakfast	Snack	Lunch	Snack	Tea
	Choice of cereals	Wholemeal	Jacket potato with beans and	Rice cakes and	Cheese, ackers,
	and fruit	Toast/Fruit	cheese	savoury crackers	veg sticks and dips
Monday	(Wheat, milk)	(Wheat, Soya)	Cucumber sticks	(Wheat)	and fruit platter
	Dairy free		(Milk if cheese chosen)		(Wheat, Milk,
	alternatives	Milk and water to		Milk and water to	Sesame seed)
	available	drink	Choice of Fruit	drink	
	Choice of cereals	Fruit toast	Salmon, Broccoli and cheese		
	and fruit	(Wheat, Soya)	pasta bake	Fruit	Scrambled egg
Tuesday	(Wheat, milk)		(Fish, Wheat, Milk)		and Low sugar
•	Dairy free	Milk and water to		Milk and water to	Beans on
	alternatives	drink	Choice of fruit	drink	wholemeal toast
	available				(Egg, Wheat)
	Choice of cereals	Wholemeal	Veggie Sausage, mash,	Rice cakes and	
Wednesday	and fruit	Toast/Fruit	Seasonal vegetables and gravy	savoury crackers	Egg Fried rice
	(Wheat, milk)	(Wheat, Soya)	(Egg, Wheat, Barley, Soya)	(Wheat)	(Egg)
	Dairy free	, , ,		, ,	, 55,
	alternatives	Milk and water to	Choice of fruit	Milk and water to	
	available	drink		drink	
	Choice of cereals	Crumpets	Chicken curry, rice and naan		Cheese and tuna
Thursday	and fruit	(Wheat, Soya)	bread	Fruit	sandwiches
·	(Wheat, milk)	, , ,	(Wheat, Coconut)		Veg sticks
	Dairy free	Milk and water to	,	Milk and water to	(Fish, Wheat,
	alternatives	drink	Choice of fruit	drink	` Milk)
	available				,
	Choice of cereals	Wholemeal	Fish, homemade wedges and	Pitta, Houmous	
Friday	and fruit	Toast/Fruit	peas	and soft cheese	Lentil and Tomato
	(Wheat, milk)	(Wheat, Soya)	(Fish, Wheat)	(Wheat, Milk,	soup
	Dairy free		, , ,	Sesame seed)	(Wheat)
	alternatives	Milk and water to	Choice of fruit	,	, ,
	available	drink		Milk and water to	
				drink	

Week 2

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