

Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast – barley, wheat, oats Milk or Water - dairy	Cereal and Toast – barley, wheat, oats Milk or Water - dairy	Cereal and Toast – barley, wheat, oats Milk or Water - dairy	Cereal and Toast – barley, wheat, oats Milk or Water - dairy	Cereal and Toast – barley, wheat, oats Milk or Water - dairy
Morning Snack	Breadsticks Milk or Water - dairy	Satsumas and Pears Milk or Water - dairy	Apples and Banana Milk or Water - dairy	Apples and Pears Milk or Water - dairy	Mixed Fruit Milk or Water - dairy
Lunch	Children's own healthy lunch Water	Children's own healthy lunch Water	Children's own healthy lunch Water	Children's own healthy lunch Water	Children's own healthy lunch Water
Afternoon snack	Apples and Pears Milk or Water - dairy	Carrot batons and Pepper slices Milk or Water - dairy	Cucumber batons and Cheese cubes – dairy Milk or Water - dairy	Carrot batons and Cucumber batons Milk or Water - dairy	Mixed Veg sticks Milk or Water - dairy
Tea	Chicken Kiev, potato wedges and peas – Dairy Milk or Water - dairy Malted milk biscuits – dairy, wheat	Tomato pasta with Bread & Butter – wheat, Dairy Milk or Water - dairy Banana and custard – dairy	Fish cakes, rice and sweetcorn – wheat Milk or Water - dairy Frubes – dairy	Pizza, chips, and veg sticks – dairy, wheat Milk or Water - dairy Pink Wafer – dairy	No Tea

MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast – barley, wheat, oats	Cereal and Toast – barley, wheat, oats	Cereal and Toast – barley, wheat, oats	Cereal and Toast – barley, wheat, oats	Cereal and Toast – barley, wheat, oats
	Milk or Water - dairy	Milk or Water -dairy	Milk or Water - dairy	Milk or Water - dairy	Milk or Water – dairy
Morning Snack	Breadsticks- Wheat	Bananas and Pears	Pears and Satsumas	Banana and Apples	Mixed Fruit
	Milk or Water - dairy	Milk or Water - dairy	Milk or Water - dairy	Milk or Water - dairy	Milk or Water - dairy
Lunch	Children's own healthy lunch	Children's own healthy lunch	Children's own healthy lunch	Children's own healthy lunch	Children's own healthy lunch
	Water	Water	Water	Water	Water
Afternoon snack	Apples and Pears	Cucumber batons and Cheese cubes – dairy	Carrot batons and Cucumber batons	Carrot batons and Pepper slices	Mixed Veg sticks
	Milk or Water - dairy	Milk or Water - dairy	Milk or Water - dairy	Milk or Water - dairy	Milk or Water - dairy
Dinner	Spaghetti Bolognese (Vegan) and Garlic Bread- wheat	Chicken, rice, and peas Wheat	Veggie burgers, potato wedges, veg sticks – wheat	Fish Fingers, chips, and Beans – wheat	
	Milk or Water -dairy	Milk or Water – dairy	Milk or Water – dairy	Milk or Water – dairy	No Tea
	Pink Wafer-Milk	Frubes – dairy	Malted milk biscuits – dairy, wheat	Banana and custard - dairy	