

## 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  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- Wheat  Milk or Water - dairy	Bananas and Pears  Milk or Water - dairy	Pears and Satsumas  Milk or Water - dairy	Banana and Apples  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	Cucumber batons and Cheese cubes – dairy  Milk or Water - dairy	Carrot batons and Cucumber batons  Milk or Water - dairy	Carrot batons and Pepper slices  Milk or Water - dairy	Mixed Veg sticks  Milk or Water - dairy
Dinner	Spaghetti Bolognese (Vegan) and Garlic Bread- wheat  Milk or Water -dairy  Pink Wafer-Milk	Chicken, rice, and peas Wheat  Milk or Water – dairy  Frubes – dairy	Veggie burgers, potato wedges, veg sticks – wheat  Milk or Water – dairy  Malted milk biscuits – dairy, wheat	Fish Fingers, chips, and Beans – wheat  Milk or Water – dairy  Banana and custard - dairy	No Tea