Menu Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereal and MilkWheat,Milk | 50/50 toast with spread and fruitWheat, Soya | Cereal and MilkWheat,Milk | Crumpets and fruitWheat, Milk, Soya | Cereal and MilkWheat,Milk |
| Morning Snack | Fruit | Veg Sticks | Melba ToastWheat,Soya,Milk,Sesame | Digestive biscuitWheat | Bread sticks and cream cheese.Wheat, Milk, Sesame, Soya |
| Afternoon Snack | Mini CheddarsWheat,Milk,Soya,Sesame,Egg | Rice cakeWheat, Milk, Soya, Mustard, Celery | Fruit | Veg sticks | Fruit |

Lunchtime (served with water)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Main | Fish, chips, Peas with tomato sauceFish, Wheat, Celery | Mushroom stroganoff with rice. Milk, Wheat, Mustard | Mince and Dumplings with mash potato and carrot and turnip mash.Wheat, Soya | Chicken pasta bakeWheat, Milk | Turkey keema curry with rice.Wheat |
| Pudding | Bananas and custardMilk | Fruit | Chocolate cake and squirty creamEggs | Flapjack and custard Wheat | Fruit Salad |
|  |  |  |  |  |  |

Teatime (served with water)

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| --- | --- | --- | --- | --- | --- |
| Main | Pizza and veg sticksWheat, Milk | Jacket potato with tuna mayonnaise and cucumber sticks.Fish, Milk, Egg | Ham sandwichesCheese sandwiches with carrot sticks.Wheat, Soya, Milk | Sausage roll and spaghetti hoops.Wheat | Fish cakes and beansWheat,Fish |
| Pudding | Raisins | CheesecakeMilk, Wheat | YoghurtMilk | Fruit | CupcakeEgg, Milk, Wheat |

Menu Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Croissants and fruitWheat, Egg, Milk | Cereal and MilkWheat,Milk | Pancakes and fruitWheat,Milk,Egg | Cereal and MilkWheat,Milk | Muffin and FruitWheat,Milk,Egg |
| Morning Snack | Vegetable sticks | Crackers and cheeseWheat, Milk | Fruit | TeacakeWheat, Soya, Milk, Sesame | Mini CheddarsWheat,Milk |
| Afternoon Snack | Digestive biscuitWheat | Vegetable sticks | Chocolate chip cookieWheat,Egg,Soya,Milk | Raisins | Vegetable Sticks |

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| --- | --- | --- | --- | --- | --- |
| Main | Vegetable stir fry with rice noodles.Soya, Wheat | Fish fingers, chips and beans.Fish, Wheat | Chicken dinner, roast potatoes, seasonal veg and Yorkshire pudding.Wheat, Egg, Milk | Beef Lasagne with green beans.Wheat, Milk | Sausage, Mash, mixed veg and gravy.Wheat, Soya |
| Pudding | YoghurtMilk | Banana breadWheat, Milk, Egg | Jelly | Fruit | SemolinaMilk, Wheat |
|  |  |  |  |  |  |

Lunchtime (served with water)

Teatime (served with water)

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| --- | --- | --- | --- | --- | --- |
| Main | Cheese rolls and spaghetti hoops.Wheat, Milk, Egg | Hot dog in a bunWheat, Soya | Tuna pastaEgg, Fish, Wheat | Cheese savoury wrapsMilk, Eggs, Wheat | Chicken nuggets, chips, peas, tomato sauceWheat,Egg,Celery |
| Pudding | Ice creamMilk | Fruit | YoghurtMilk | Sponge cake and creamMilk, Eggs, Wheat | Fruit |

Menu Week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereal and MilkWheat,Milk | Crumpet and FruitWheat,Milk,Soya | Cereal and MilkWheat,Milk | 50/50 Toast with Spread and FruitWheat,Soya | Cereal and MilkWheat,Milk |
| Morning Snack | Vegetable sticks | Rich tea biscuitMilk, Soya, Wheat | Fruit | Vegetable Sticks | Raisins |
| Afternoon Snack | Bagel and jamWheat, Sesame | Fruit | Vegetable Sticks | TeacakeWheat,Soya,Milk,Sesame | Veg sticks |

Lunchtime (served with water)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Main | Chilli con carne and rice.Wheat | Chicken burger, wedges and sweetcorn with mayoWheat, egg, milk,mustard | Vegetable curry with naan bread.Wheat | Salmon and broccoli pasta.Wheat, Fish, Milk | Shepherds pie and green beans.Wheat, soya |
| Pudding | Fruit Salad | Apple crumble and custardMilk, Wheat | Pineapple upside down cake with cream.Egg, Wheat | Rice puddingMilk | Chocolate brownieWheat, Egg, Soya, Milk |
|  |  |  |  |  |  |

Teatime (served with water)

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| --- | --- | --- | --- | --- | --- |
| Main | Sweet and Sour chicken with egg noodles.Egg, Wheat | Ham pastaMilk, Wheat | Beef enchiladasWheat, milk | Chicken kiev, coleslaw and salad.Eggs, Milk, Wheat, | Macaroni cheeseWheat, Milk |
| Pudding | Shortbread BiscuitWheat | BlondieWheat, Egg, Milk, Soya | YoghurtMilk | Plain sconeEgg, Wheat, Milk | Fruit |