Menu Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereal and Milk  Wheat,Milk | 50/50 toast with spread and fruit  Wheat, Soya | Cereal and Milk  Wheat,Milk | Crumpets and fruit  Wheat, Milk, Soya | Cereal and Milk  Wheat,Milk |
| Morning Snack | Fruit | Veg Sticks | Melba Toast  Wheat,Soya,Milk,Sesame | Digestive biscuit  Wheat | Bread sticks and cream cheese.  Wheat, Milk, Sesame, Soya |
| Afternoon Snack | Mini Cheddars  Wheat,Milk,Soya,Sesame,  Egg | Rice cake  Wheat, Milk, Soya, Mustard, Celery | Fruit | Veg sticks | Fruit |

Lunchtime (served with water)

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

Teatime (served with water)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Main | Pizza and veg sticks  Wheat, Milk | Jacket potato with tuna mayonnaise and cucumber sticks.  Fish, Milk, Egg | Ham sandwiches  Cheese sandwiches with carrot sticks.  Wheat, Soya, Milk | Sausage roll and spaghetti hoops.  Wheat | Fish cakes and beans  Wheat,Fish |
| Pudding | Raisins | Cheesecake  Milk, Wheat | Yoghurt  Milk | Fruit | Cupcake  Egg, Milk, Wheat |

Menu Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Croissants and fruit  Wheat, Egg, Milk | Cereal and Milk  Wheat,Milk | Pancakes and fruit  Wheat,Milk,Egg | Cereal and Milk  Wheat,Milk | Muffin and Fruit  Wheat,Milk,Egg |
| Morning Snack | Vegetable sticks | Crackers and cheese  Wheat, Milk | Fruit | Teacake  Wheat, Soya, Milk, Sesame | Mini Cheddars  Wheat,Milk |
| Afternoon Snack | Digestive biscuit  Wheat | Vegetable sticks | Chocolate chip cookie  Wheat,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 | Yoghurt  Milk | Banana bread  Wheat, Milk, Egg | Jelly | Fruit | Semolina  Milk, Wheat |
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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 bun  Wheat, Soya | Tuna pasta  Egg, Fish, Wheat | Cheese savoury wraps  Milk, Eggs, Wheat | Chicken nuggets, chips, peas, tomato sauce  Wheat,Egg,Celery |
| Pudding | Ice cream  Milk | Fruit | Yoghurt  Milk | Sponge cake and cream  Milk, Eggs, Wheat | Fruit |

Menu Week 3

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

Lunchtime (served with water)

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| --- | --- | --- | --- | --- | --- |
| Main | Chilli con carne and rice.  Wheat | Chicken burger, wedges and sweetcorn with mayo  Wheat, 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 custard  Milk, Wheat | Pineapple upside down cake with cream.  Egg, Wheat | Rice pudding  Milk | Chocolate brownie  Wheat, Egg, Soya, Milk |
|  |  |  |  |  |  |

Teatime (served with water)

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| --- | --- | --- | --- | --- | --- |
| Main | Sweet and Sour chicken with egg noodles.  Egg, Wheat | Ham pasta  Milk, Wheat | Beef enchiladas  Wheat, milk | Chicken kiev, coleslaw and salad.  Eggs, Milk, Wheat, | Macaroni cheese  Wheat, Milk |
| Pudding | Shortbread Biscuit  Wheat | Blondie  Wheat, Egg, Milk, Soya | Yoghurt  Milk | Plain scone  Egg, Wheat, Milk | Fruit |