

Milk and water served throughout the day: **Contains dairy**

Menu Week 1

	Breakfast (8-8.30)	Snack	Lunch (11:30am)	Snack	Tea (3:30pm)
Monday	Selection of cereals. Wholegrain toast Oranges Contains wheat, barley ✓	Apple and pears	Selection of quiche and beans. Contains wheat, eggs, milk, mustard ✓	Rice Cake Contains soya	Mixed bean Chilli and rice Contains dairy ✓, GF Fruit yogurt
Tuesday	Selection of cereals. Toast or crumpets. Plums Contains wheat, barley ✓	Pineapple and kiwi	Carrot and swede waffles with hummus and vegetable sticks Contains wheat, sesame seeds ✓	Breadsticks Contains wheat, barley	Fish, chips and mushy peas Contains wheat, dairy, fish, eggs ✓ Melon
Wednesday	Selection of cereals. White toast Kiwi Contains wheat, barley ✓	Pears and apple	Homemade Soup with wholegrain bread Contains wheat, celery ✓	Crackers Contains wheat	Tomato and mascarpone pasta Contains wheat, dairy ✓ Oranges
Thursday	Selection of cereals. Toast or crumpets. Pineapple Contains wheat, barley ✓	Bananas and plums	A selection of sandwiches Contains wheat, eggs, dairy, soya, fish, mustard	Cheese thins Contains wheat, dairy	Chicken curry and rice Contains wheat, dairy Children's weekly bake
Friday	Selection of cereals. Wholegrain toast Grapes Contains wheat, barley ✓	Apples and kiwi	Spaghetti loops and toast Contains wheat, soya ✓	Cheese twists Contains wheat, dairy, barley	Winter beef stew and Yorkshire puddings. Contains wheat, soya, celery Pineapple

GF: Gluten Free V: Vegetarian

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Menu Week 2

	Breakfast (8-8.30)	Snack	Lunch (11:30am)	Snack	Teatime (3:30pm)
Monday	Selection of cereals. Wholegrain toast Oranges Contains wheat, barley ✓	Apple and pears	Sausage/Cheese rolls with a selection of vegetable sticks. Contains wheat, eggs, dairy	Rice Cake Contains soya	Spaghetti Bolognese with hidden mushrooms and lentils served with cheese Contains wheat, dairy, soya Fruity yogurt
Tuesday	Selection of cereals. Toast or crumpets. Plums Contains wheat, barley ✓	Pineapple and kiwi	A selection of wholegrain sandwiches Contains wheat, eggs, dairy, soya, fish, mustard	Breadsticks Contains wheat, barley	Fishcakes with new potatoes and sweetcorn. Contains wheat, fish, eggs, dairy ✓ Grapes
Wednesday	Selection of cereals. White toast Kiwi Contains wheat, barley ✓	Pears and apples	Puff pastry pin wheels served with baked beans Contains wheat, eggs, dairy ✓	Crackers Contains wheat	Chicken dinner with all the trimmings. Contains wheat, eggs, dairy, soya Melon
Thursday	Selection of cereals. Toast or crumpets. Pineapple Contains wheat, barley ✓	Bananas and plums	Fish finger rolls with vegetable sticks. Contains wheat, fish ✓	Cheese thins Contains wheat, dairy	Cheese and onion pie served with beans Contains wheat, eggs, dairy ✓ Children's weekly bake
Friday	Selection of cereals. Wholegrain toast Grapes Contains wheat, barley ✓	Apples and kiwi	Garlic bread topped with ham, fresh tomato and cheese. Contains wheat, dairy, soya	Cheese twists Contains wheat, dairy, barley	Hungarian Goulash Contains wheat Bananas

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Menu Week 3

	Breakfast (8-8.30)	Snack	Lunch (11:30am)	Snack	Teatime (3:30pm)
Monday	Selection of cereals. Wholegrain toast Oranges Contains wheat, barley ✓	Apple and pears	Crumpets with soft cheese. Contains wheat, dairy ✓	Rice Cake Contains soya	Vegetable curry with chickpeas with brown rice Contains dairy GF, ✓ Fruity yogurt
Tuesday	Selection of cereals. Toast or crumpets. Plums Contains wheat, barley ✓	Pineapple and kiwi	Fruit Loaf Contains wheat, soya, sulphur dioxide ✓	Breadsticks Contains wheat, barley	Cottage pie served with vegetables. Contains dairy, eggs, wheat Pineapple
Wednesday	Selection of cereals. White toast Kiwi Contains wheat, barley ✓	Pears and apples	Chicken strips, pitta bread, dips and vegetable sticks Contains wheat, sesame seeds	Crackers Contains wheat	Homemade tomato and hidden vegetable pasta Contains wheat, dairy ✓ Melon sticks
Thursday	Selection of cereals. Toast or crumpets. Pineapple Contains wheat, barley ✓	Bananas and plums	Homemade pasties with vegetable sticks. Contains wheat, eggs, dairy	Cheese thins Contains wheat, dairy	Fish fingers, mash and peas Contains fish, dairy, wheat ✓ Children's weekly bake
Friday	Selection of cereals. Wholegrain toast Grapes Contains wheat, barley ✓	Apples and kiwi	Graze board with ham, chicken, cheese, crackers, cucumber and carrot sticks, hummus. Contains wheat, dairy, soya, sesame seeds	Cheese twists Contains wheat, dairy, barley	Savoury mince with vegetables and Yorkshire puddings Contains wheat, dairy, eggs Bananas

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Menu Week 4

	Breakfast (8-8.30)	Snack	Lunch (11:30am)	Snack	Teatime Snack (3:30pm)
Monday	Selection of cereals. Wholegrain toast Oranges Contains wheat, barley ✓	Apple and pears	Fishcake rolls with mayo and quartered cherry tomatoes Contains wheat, eggs, fish ✓	Rice Cake Contains soya	All day breakfast Contains wheat, eggs, dairy Fruity yogurt
Tuesday	Selection of cereals. Toast or crumpets. Plums Contains wheat, barley ✓	Pineapple and kiwi	Pizza feast with carrot and cucumber sticks. Contains wheat, dairy	Breadsticks Contains wheat, barley	Spanish chicken served with rice and corn. Contains wheat, eggs, dairy Pineapple
Wednesday	Selection of cereals. White toast Kiwi Contains wheat, barley ✓	Pears and apples	Homemade soup and a crusty buttered bread. Contains wheat, celery ✓	Crackers Contains wheat	Vegetable and lentil lasagne with hidden vegetables Contains wheat, dairy, eggs ✓ Watermelon
Thursday	Selection of cereals. Toast or crumpets. Pineapple Contains wheat, barley ✓	Bananas and plums	A selection of cheese on toast topped with ham and tomatoes. Contains wheat, dairy, soya	Cheese thins Contains wheat, dairy	Fish pie and peas Contains fish, dairy ✓ GF Children's weekly bake
Friday	Selection of cereals. Wholegrain toast Grapes Contains wheat, barley ✓	Apples and kiwi	Selection of sandwiches with vegetable sticks Contains wheat, eggs, dairy, soya, fish, mustard	Cheese twists Contains wheat, dairy, barley	Chicken and vegetable pie with new potatoes. Contains wheat, eggs Melon

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