



## MONDAY

### BREAKFAST

**Choice of cereals:** Weetabix, Cheerios, Rice crispies, porridge, shreddies...

**Toast + Milk**

**Allergens:** milk, Wheat, oat, barley. May contain soya

**Dairy free**

### SNACK

**Cracker cheddar with apple & orange**

**Allergens:** Wheat, Milk, May Contain Sesame Seeds  
option

**Dairy free**

### DINNER

**Eggs fried rice with vegetables (Peas, sweetcorns, carrots & onions)**

**Allergens:** Egg, soya, may contain celery

**Fried rice with vegetables (peas, sweetcorns, carrots & onions)**

**Allergens:** Soya, may contain celery

### SNACK

**Bagel cream cheese with grapes & oranges**

**Allergens:** Milk, Wheat, May contain sesame seeds.

**Dairy free option**

### TEA

**Breadsticks**

**Allergens:** Wheat, May contain sesame seeds.



## TUESDAY

### BREAKFAST

**Choice of cereals:** Weetabix, Cheerios, Rice crispies, porridge, shreddies...

**Toast + Milk**

**Allergens:** milk, Wheat, oat, barley. May contain soya

**Dairy free**

### SNACK

**Rice cakes with cream cheese with apple & banana**

**Allergens:** Milk, may contain sesame seeds  
option

**Dairy free**

### DINNER

**Roast Chicken serve with homemade roast sweet potatoes, steam parsnip, turnip and pea.**

**Allergens:** Wheat, soya, milk, may contain celery  
option

**Dairy free**

**Vegetarian nuggets serve with homemade roast sweet potatoes, steam parsnip, turnip and pea**

### SNACK

**Collection of sandwiches with oranges & banana**

**Allergens:** Wheat, soya, milk

**Dairy free option**

### TEA

**Rice cakes**

**Allergens:** -



## WEDNESDAY

### BREAKFAST

**Choice of cereals:** Weetabix, Cheerios, Rice crispies, porridge, shreddies...

**Toast + Milk**

**Allergens:** milk, Wheat, oat, barley. May contain soya

Dairy free option

### SNACK

**Natural Yoghurt with apple & berries**

**Allergens:** milk

Dairy free / vegetarian option

### DINNER

**Hide vegetable penne pasta bake**

**Allergens:** Celery, Milk, Wheat

Dairy free option

### SNACK

**Ham / Turkey / Cheese Wrap with pineapple & apple**

**Allergens:** Wheat, milk, May contain sesame seeds.

Dairy free option

### TEA

**Banana on toast**

**Allergens:** Wheat, milk

Dairy free option



## THURSDAY

### BREAKFAST

**Choice of cereals:** Weetabix, Cheerios, Rice crispies, porridge, shreddies...

**Toast + Milk**

**Allergens:** milk, Wheat, oat, barley. May contain soya

Dairy free option

### SNACK

**Pitta bread, hummus with cucumber & cherry tomato**

**Allergens:** Milk, Wheat, May contain Sesame Seeds

Dairy free option

### DINNER

**Mild Chicken Curry serve with rice & naan bread**

**Allergens:** Wheat, Milk, Celery, Mustard, Egg, May contain Sesame Seeds

**Mild Vegetarian Curry serve with rice & naan bread**

**Allergens:** Wheat, Milk, Celery, Mustard, Egg, May contain sesame seeds

Dairy & egg free option

### SNACK

**Crackers cheddar with apple & orange**

**Allergens:** Wheat, Milk

### TEA

**Selection of fruits**

**Allergens:** -



## FRIDAY

### BREAKFAST

**Choice of cereals:** Weetabix, Cheerios, Rice crispies, porridge, shreddies...

**Toast + Milk**

**Allergens:** milk, Wheat, oat, barley. May contain soya

**Dairy free**

### SNACK

**Pancake with banana, orange & apple**

**Allergens:** Wheat, Milk, Eggs

**Egg & dairy free option**

### DINNER

**Pork / Chicken / Turkey sausage serve with mash potato, gravy and green beans.**

**Allergens:** Milk, Wheat, May contain celery

**Vegetarian sausages serve with mash potato, gravy and green beans.**

### SNACK

**Crispbread Hummus with cucumber & carrot sticks**

**Allergens:** Milk, Wheat, May contain Sesame Seeds

**Dairy**

**free/**

### TEA

**Fruit salad**

**Allergens:** -