



## MONDAY

### BREAKFAST

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

**Toast + Milk**

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

**Dairy free option**

### SNACK

**Crackers, cucumber & carrot sticks**

**Allergens:** Wheat

### DINNER

**Stir Fry noodles with eggs, carrot & spring onion**

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

**Stir fry noodles with carrot & spring onion**

**Allergens:** Soya, May contain celery

### SNACK

**Brioche roll, apple, orange & pear**

**Allergens:** Egg, Wheat, Milk

**Dairy free/egg free option**

### TEA

**Scrambled egg on toast / Beans on toast**

**Allergens:** Wheat, Milk, Eggs

**Dairy free / egg free option**



## TUESDAY

### BREAKFAST

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

**Toast + Milk**

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

### SNACK

**Wholegrain toast with banana & oranges**

**Allergens:** Wheat, milk

**Dairy free option**

### DINNER

**Pan Grill white fish serve with home bake potatoes and bake beans**

**Allergens:** Fish, milk, wheat

**Dairy free option**

**Vegan fingers serve with roast potatoes and bake beans**

**Allergens:** Wheat

### SNACK

**Crisp bread with banana, baby tomato and apple**

**Allergens:** Wheat, milk

**Dairy free option**

### TEA

**Rice cake + fruit**

**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

**Rice cake with yoghurt, apple and pear**

**Allergens:** Milk

Dairy free option

### DINNER

**Chicken broccoli garlic mushroom pasta bake**

**Allergens:** Egg, May contain celery

**Quorn broccoli garlic mushroom pasta bake**

**Allergens:** Egg, May contain celery

Egg free option

### SNACK

**Toast with apple, orange and Kiwi**

**Allergens:** Wheat, Milk

Dairy free option

### TEA

**Breadsticks**

**Allergens:** Wheat



## 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

**Mixed berries with yoghurt**

**Allergens:** Milk, may contain soya

Dairy free option

### DINNER

**Chilli con carne serve with boil rice**

**Allergens:** May contain celery

**Vegan chilli serves with boil rice**

**Allergens:** May contain celery

### SNACK

**Homemade blueberry & banana muffins**

**Allergens:** Milk, Eggs, wheat  
option

Free dairy / egg

### TEA

**Ham & cheese crispbread**

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

Free dairy



## FRIDAY

### BREAKFAST

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

**Toast + Milk**

**Allergens:** milk, oats, barley, wheat

Dairy free

### SNACK

**Rice cake with cream cheese, cucumber and sweet pepper**

**Allergens:** Milk, May contain soya

Dairy free option

### DINNER

**Selection of pizza with potato cubes**

**Allergens:** Wheat, celery, milk

Dairy free / vegetarian pizza option

### SNACK

**Natural Yoghurt and fruit**

**Allergens:** Milk

Dairy free option

### TEA

**Brioche rolls + fruit**

**Allergens:** Wheat, milk, eggs

Dairy free / egg free option