



## MONDAY

### BREAKFAST

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

**Toast + Milk**

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

**Dairy free**

### SNACK

**Crisp bread, apple, orange and banana**

**Allergens:** Wheat, Milk

### DINNER

**Tuna fusilli pasta with broccoli bake**

**Allergens:** Fish, May contain celery

**Vegetarian fusilli pasta bake**

**Allergens:** May contain celery

### SNACK

**Crackers, cucumber & carrot sticks**

**Allergens:** Wheat

### TEA

**Beans on toast**

**Allergens:** Wheat



## TUESDAY

### BREAKFAST

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

**Toast + Milk**

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

Dairy free option

### SNACK

**Wholemeal toast with banana & Kiwi**

**Allergens:** Wheat, milk

Dairy free option

### DINNER

**Chicken biryani serve with green salad**

**Vegetarian Biryani**

**Allergens:** Milk, May contain Celery

Dairy free option

### SNACK

**Brioche with apple, grapes and banana**

**Allergens:** Milk, Eggs

Dairy free / egg free option

### TEA

**Ricecakes**

**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

**Crackers, grapes, Orange and pineapple**

**Allergens:** Wheat, Milk **Dairy free option**

### DINNER

**Vegetable soup serve with Irish soda bread**

**Allergens:** Wheat, Milk, Celery **Dairy free option**

### SNACK

**Chicken/Ham/ Cheese wraps with orange and grapes**

**Allergens:** Wheat, milk **Dairy free option**

### TEA

**Breadsticks**

**Allergens:** Wheat



## THURSDAY

### BREAKFAST

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

**Toast + Milk**

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

**Dairy free option**

### SNACK

**Ricecakes with orange, melon & apple**

**Allergens:** -

### DINNER

**Salmon teriyaki serve with Japanese rice, edamame and carrot**

**Allergens:** fish, soya, May contain celery

**Vegetarian teriyaki serve with Japanese rice, edamame and carrot**

**Allergens:** Soya, May contain celery

### SNACK

**Mixed berries & Yoghurt**

**Allergens:** Milk, May contain soya

**Free dairy option**

### TEA

**Crackers**

**Allergens:** Wheat, milk

**Free dairy option**



## FRIDAY

### BREAKFAST

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

**Toast + Milk**

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

Dairy free option

### SNACK

**Breadstick & mixed fruit**

**Allergens:** Wheat, milk

Dairy free option

### DINNER

**Spaghetti meatball**

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

**Spaghetti vegan meatball**

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

### SNACK

**Ricecake with creamcheese & fruit**

**Allergens:** Milk, May contain soya

Dairy free option

### TEA

**Toast**

**Allergens:** Wheat, milk

Dairy free option