

Week 1 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of healthy cereals, with Wholemeal Toast and milk				
Lunch	Meatballs and Spaghetti with side vegetables Egg, Gluten	Roast Chicken root vegetables and gravy with roast potatoes Gluten, Milk, Egg	Gluten Milk and soy Savoury mince and Yorkshire pudding Gluten, Milk, Egg	Chickpea curry with brown rice, with naan bread Gluten, Milk	Jacket Potato, with tuna mayo, carrot and celery sticks Fish, Gluten, Milk, Egg
Dessert	Whip Gluten, Milk, Egg	Carrot Cake Milk, Egg	Yoghurt Milk	Apple Sponge and Custard Gluten, Milk, Egg	Sultana and Cinnamon Rice Pudding Milk
Drink	Water	Water	Water	Water	Water
Afternoon Snack	Rice cakes with Apple and Banana Gluten, Milk	Breadsticks with cherry tomatoes Gluten, Milk, Egg	Toasted Crumpets and spread with Celery and Cucumber Sticks Gluten, Milk, Egg, Celery	Crackers and spread Apple with Gluten, Milk	Oatcake with cheese spread Gluten, Milk
Drink	Milk	Milk	Milk	Milk	Milk
Tea	Ham stuffed Pitta bread with Humous, cucumber and pepper sticks Gluten, Sesame seeds	Fishcakes with baked beans and bread roll Fish, Milk, Egg, celery	Egg Mayonnaise Sandwiches with carrot sticks Gluten, Milk, Egg	Cream of Tomato Soup Gluten, Vegetarian	Wholemeal Bread and ham toastie Gluten, Milk
Dessert	Yoghurt Milk	Fruits of the day	Yoghurt	Fruits of the day Milk	Fruits of the day
Drink	Water	Water	Water	Diluted juice	Diluted juice

***All fruit juice drinks are diluted in line with Children's Food Trust guidelines. Grapes and cherry tomatoes are sliced before service to avoid choking hazards.**

***All meals highlighted in green are vegetarian options and those in blue contain fish.**

Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of healthy cereals, with toast and milk <i>Gluten, Milk, and soy</i>				
Lunch	Spicy chickpea and vegetables couscous	Jollof rice with diced chicken and mixed vegetables	Beef Goulash with mixed vegetables and Brown rice	Creamy Chicken and leek hotpot	Steamed Cod in tomato and mixed pepper sauce and Cauliflower mash
	Gluten	Sulphur Dioxide	Gluten, Sulphur Dioxide	Sulphur Dioxide, Egg	Fish, Gluten, Milk, Soya, SD
Dessert	Whip	Swiss roll	Yoghurt	Rice pudding	Chocolate Fudge Brownie
	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Egg, Milk
Drink	Water	Water	Water	Water	Water
Afternoon Snack	Toasted bagel and spread with Celery and Cucumber Sticks	Crackers and spread with Orange and Pear	Crumpet with spread, Banana and Apple	Carrot and Cucumber Sticks with Homous	Breadsticks with cherry tomatoes
	Gluten, Celery	Gluten, Milk	Gluten, Milk	Sesame seeds, Gluten	Gluten
Drink	Milk	Milk	Milk		
Tea	Chicken Sandwiches made with wholemeal bread and spread	Tomato soup with toasted pitta dippers	Potato wedges, Humous with tomatoes with red peppers	Tuna fishcakes with wholemeal bread roll	Ham and cheese Wraps
	Gluten, Milk	Milk	Sesame seeds	Fish, Gluten, Milk, Egg, SD	Gluten, Milk, Egg
Dessert	Apple wedges	Satsuma segments	Pear	Yoghurt	Fresh Fruit
				Milk	
Drink	Diluted juice	Water	Diluted juice	Water	Water

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Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of healthy cereals, with toast and milk <i>Gluten Milk and soy</i>				
Lunch	Jamaican Fish Curry	Corned Beef Hash and Crusty Bread	Chicken, Egg and vegetable fried rice	Meatballs with mixed vegetables and spaghetti	Vegetable Biryani with garlic and coriander naan
	<i>Fish, Gluten, Milk, Soya, SD</i>	<i>Gluten, sulphur dioxide</i>	<i>Egg, Gluten</i>	<i>Egg, Soya, Gluten</i>	<i>Mustard, Sulphites, gluten</i>
Dessert	Apple Sponge and Custard	Whip	Trifle	Whip	Lemon sponge
	<i>Gluten, Milk, Egg</i>	<i>Milk</i>	<i>Gluten, Milk, Egg, Gelatine</i>	<i>Milk</i>	<i>Gluten, Milk, Egg</i>
Drink	Water	Water	Water	Water	Water
Afternoon Snack	Oat biscuits and Banana	Crumpet with cheese and apple slices	Crackers and Carrot Sticks with Humous	Breadsticks with humous and cucumber	Bagel & cream cheese, cherry tomato
	<i>Gluten, Milk</i>	<i>Gluten, Milk</i>	<i>Sesame seeds</i>	<i>Gluten</i>	<i>Gluten, Milk</i>
Drink	Milk	Milk	Milk	Milk	Milk
Tea	Minestrone soup with dippers and vegetables	Egg Mayonnaise Sandwich	Muffins with cream cheese, cherry Tomatoes and Cucumber	Ham Sandwiches made with wholemeal bread and spread	Chicken Wraps with celery sticks and peppers
	<i>Fish, Milk, Egg</i>	<i>Fish, Gluten, Celery</i>	<i>Gluten, Milk</i>	<i>Gluten, Milk</i>	<i>Gluten, Celery</i>
Dessert	Fresh Fruit	Yoghurt	Fresh Fruit	Yoghurt	Fresh Fruit
Drink	Diluted juice	Water	Diluted juice	Water	Diluted juice

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Week 4 Spring Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of healthy cereals, with toast and milk Gluten Milk and soy				
Lunch	Tuna Primavera Gluten, Milk	Lemon and Pepper Chicken and Rice with side Vegetables Celery, Milk	Spaghetti bolognaises With tomatoes, onion with garlic bread Milk, Gluten	Jollof rice with diced chicken and mixed vegetables Gluten, Sulphur Dioxide	Lentil, Potato and Spinach Curry Gluten, Milk
Dessert	Whip Gluten, Milk, Egg	Apple Pie and Cream Gluten, Milk, Egg	Summer fruit with cream Gluten, Milk, Egg	Flap Jack Gluten, Milk, Egg	Sponge and Custard Gluten, Milk, Egg
Drink	Water	Water	Water	Water	Water
Afternoon Snack	Crumpet with cheese and apple slices Gluten, Milk	Carrot and Cucumber Sticks with Humous Sesame seeds	Oat biscuits and Banana Gluten, Milk	Rice Cake, Milk and fruits Gluten, Milk	Breadsticks with humous and cucumber Gluten, Milk
Drink	Milk	Milk	Milk	Milk	Milk
Tea	Meat Pie Gluten, Milk	Wholemeal Bread and ham toastie with peppers Gluten, Milk	Assorted sandwiches, cucumber and cherry tomatoes Gluten, Milk	Pitta Pockets with Egg Mayonnaise Fish, Gluten, Milk	Cheesy Beany Wraps Gluten, Milk
Dessert	Summer Fruit with cream	Lassi Milk	Fresh Fruit	Assorted fruits	Assorted fruits
Drink	Water	Diluted juice	Water	Diluted juice	Water

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