

Week 1 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	Creamy Chicken and leek hotpot	Steamed Cod in tomato and mixed pepper sauce with Cauliflower mash	Jollof rice with diced chicken and mixed vegetables	Beef Goulash with mixed vegetables and Brown rice
	<i>Gluten</i>	<i>Sulphur Dioxide</i>	<i>Gluten, Sulphur Dioxide</i>	<i>Sulphur Dioxide, Egg</i>	<i>Fish, Gluten, Milk, Soya, SD</i>
Dessert	Whip	Rice Pudding	Yoghurt	Swiss Roll	Chocolate Fudge Brownie
	<i>Gluten, Milk</i>	<i>Gluten, Milk</i>	<i>Gluten, Milk</i>	<i>Gluten, Milk</i>	<i>Gluten, Egg, Milk</i>
Drink	Water	Water	Water	Water	Water
Afternoon Snack	Bagel and Cheese spread	Crackers and cheese spread	Toasted Crumpet with spread	Rice Cakes	Breadsticks with dip
	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables
	<i>Gluten, Celery</i>	<i>Gluten, Milk</i>	<i>Gluten, Milk</i>	<i>Sesame seeds, Gluten</i>	<i>Gluten</i>
Drink	Milk	Milk	Milk		
Tea	Soup of the day	Chicken Sandwich	Soup of the day	Potato wedges with Dip	Ham and cheese Wraps
	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables
	<i>Celery, Milk</i>	<i>Milk</i>	<i>Sesame seeds</i>	<i>Gluten</i>	<i>Gluten, Milk, Egg</i>
Dessert	Fruits of the day	Yoghurt	Fruits of the day	Yoghurt	Fruits of the day
				<i>Milk</i>	
Drink	Diluted juice	Water	Diluted juice	Water	Diluted juice

Meals	All meals highlighted in green are vegetarian options and those in blue contain fish and sandwiches made from wholemeal bread
Fruits	All fruit juice drinks are diluted, and Grapes and cherry tomatoes are sliced before service to avoid choking hazards.
Water	Water is freely available and accessible to the children throughout the day.
Allergies	Children with allergies and food intolerances are provided with a tailored version of the regular menu wherever possible to suit their needs

Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of healthy cereals, with Wholemeal Toast served with water and milk				
Lunch	Mackerel and new Potato Bake <small>Fish, Egg, Gluten, Milk</small>	Jambalaya <small>Gluten, Milk, Egg</small>	<small>Gluten Milk and soy</small> Savoury mince and Yorkshire pudding <small>Gluten, Milk, Egg</small>	Chickpea curry with rice, and Naan bread <small>Gluten, Milk</small>	Chicken Chow Mein <small>Gluten, Egg</small>
Dessert	Whip <small>Gluten, Milk, Egg</small>	Carrot Cake <small>Milk, Egg</small>	Yoghurt <small>Milk</small>	Apple Sponge and Custard <small>Gluten, Milk, Egg</small>	Rice Pudding <small>Milk</small>
Drink	Water	Water	Water	Water	Water
Afternoon Snack	Rice cakes Seasonal Fruit & Vegetables <small>Gluten, Milk</small>	Breadsticks and Dip Seasonal Fruit & Vegetables <small>Gluten, Milk, Egg</small>	Crumpets and Cheese spread Seasonal Fruit & Vegetables <small>Gluten, Milk, Egg, Celery</small>	Crackers and Cheese spread Seasonal Fruit & Vegetables <small>Gluten, Milk</small>	Oatcake with cheese spread Seasonal Fruit & Vegetables <small>Gluten, Milk</small>
Drink	Milk	Milk	Milk	Milk	Milk
Tea	Ham stuffed Pitta sandwich Seasonal Fruit & Vegetables <small>Gluten, Sesame seeds</small>	Fishcakes, baked beans and bread roll Seasonal Fruit & Vegetables <small>Fish, Milk, Egg, celery</small>	Egg Mayonnaise Sandwiches Seasonal Fruit & Vegetables <small>Gluten, Milk, Egg</small>	Soup of the day with roll Seasonal Fruit & Vegetables <small>Gluten, Vegetarian</small>	Chicken Sandwich Seasonal Fruit & Vegetables <small>Gluten, Milk</small>
Dessert	Yoghurt <small>Milk</small>	Fruits of the day	Yoghurt	Fruits of the day <small>Milk</small>	Fruits of the day
Drink	Water	Water	Water	Diluted juice	Diluted juice

Meals	All meals highlighted in green are vegetarian options and those in blue contain fish and sandwiches made from wholemeal bread
Fruits	All fruit juice drinks are diluted, and Grapes and cherry tomatoes are sliced before service to avoid choking hazards.
Water	Water is freely available and accessible to the children throughout the day.
Allergies	Children with allergies and food intolerances are provided with a tailored version of the regular menu wherever possible to suit their needs

Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of healthy cereals, with toast and milk <i>Gluten Milk and soy</i>				
Lunch	Pasta in Sardine and Tomato Sauce	Corned Beef Hash and Crusty Bread	Chicken and vegetable Fried Rice	Spaghetti and Meatballs	Vegetable Biryani with garlic and coriander naan
	<i>Fish, Gluten, Milk, Soya, SD</i>	<i>Gluten, sulphur dioxide</i>	<i>Sulphur dioxide</i>	<i>Egg, sulphur dioxide, Gluten</i>	<i>Sulphites, gluten</i>
Dessert	Apple Sponge and Custard	Whip	Summer fruit with cream	Lemon sponge	Fruit Salad
	<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 cheese spread	Crumpet with cheese	Crackers and Cheese spread	Breadsticks with Dip	Bagel & cheese spread tomato
	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables
	<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	Soup of the day with roll	Egg Mayonnaise Sandwich	Muffins with cheese spread	Ham Sandwiches	Chicken Wraps
	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables	Seasonal Fruit & Vegetables
	<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
		<i>Milk</i>		<i>Milk</i>	
Drink	Diluted juice	Water	Diluted juice	Water	Diluted juice

Meals	All meals highlighted in green are vegetarian options and those in blue contain fish and sandwiches made from wholemeal bread
Fruits & Juices	All fruit juice drinks are diluted, and Grapes and cherry tomatoes are sliced before service to avoid choking hazards.
Water	Water is freely available and accessible to the children throughout the day.
Allergies	Children with allergies and food intolerances are provided with a tailored version of the regular menu wherever possible to suit their needs

Week 4 Spring Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of healthy cereals, with toast and milk <i>Gluten Milk and soy</i>				
Lunch	Fish Risotto with Vegetable	Chicken Supreme and Rice with side Vegetables	Spaghetti bolognaises with garlic bread	Jollof rice with diced chicken and mixed vegetables	Lentil, Potato and Spinach Curry
	<i>Gluten, Milk</i>	<i>Celery, Milk</i>	<i>Milk, Gluten</i>	<i>Gluten, Sulphur Dioxide</i>	<i>Gluten, Milk</i>
Dessert	Whip	Apple Pie and Cream	Summer fruit with cream	Flap Jack	Sponge and Custard
	<i>Gluten, Milk, Egg</i>	<i>Gluten, Milk, Egg</i>	<i>Gluten, Milk, Egg</i>		<i>Gluten, Milk, Egg</i>
Drink	Water	Water	Water	Water	Water
Afternoon Snack	Crumpet with cheese spread Seasonal Fruit & Vegetables	Bagel and cheese spread Seasonal Fruit & Vegetables	Oat and cheese spread Seasonal Fruit & Vegetables	Rice Cake, Milk and fruits Seasonal Fruit & Vegetables	Breadsticks with humous Seasonal Fruit & Vegetables
	<i>Gluten, Milk</i>	<i>Sesame seeds</i>	<i>Gluten, Milk</i>	<i>Gluten, Milk</i>	<i>Gluten, Milk</i>
Drink	Milk	Milk	Milk	Milk	Milk
Tea	Meat Pie Seasonal Fruit & Vegetables	Wholemeal Bread and ham Seasonal Fruit & Vegetables	Assorted sandwiches, Seasonal Fruit & Vegetables	Egg Mayo in Pitta Pockets Seasonal Fruit & Vegetables	Cheesy Beany Wraps Seasonal Fruit & Vegetables
	<i>Gluten, Milk</i>	<i>Gluten, Milk</i>	<i>Gluten, Milk</i>	<i>Fish, Gluten, Milk</i>	<i>Gluten, Milk</i>
Dessert	Summer Fruit with cream	Yoghurt	Fresh Fruit	Assorted fruits	Assorted fruits
		<i>Milk</i>			
Drink	Water	Diluted juice	Water	Diluted juice	Water

Meals	All meals highlighted in green are vegetarian options and those in blue contain fish and sandwiches made from wholemeal bread
Fruits & Juices	All fruit juice drinks are diluted, and Grapes and cherry tomatoes are sliced before service to avoid choking hazards.
Water	Water is freely available and accessible to the children throughout the day.
Allergies	Children with allergies and food intolerances are provided with a tailored version of the regular menu wherever possible to suit their needs