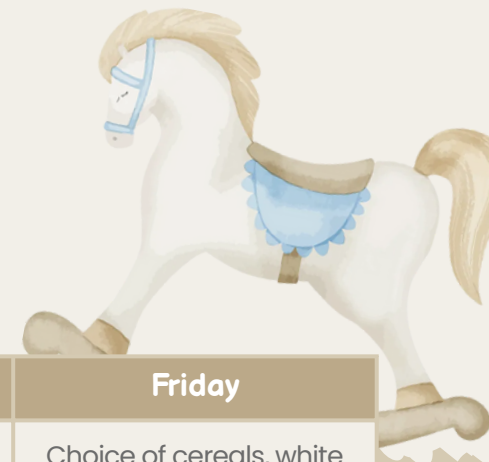




Weekly Menu

Sample Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals, white and wholemeal toast milk and water available <i>wheat, milk,soya</i>	Choice of cereals, white and wholemeal toast milk and water available <i>wheat, milk,soya</i>	Choice of cereals, white and wholemeal toast milk and water available <i>wheat, milk,soya</i>	Choice of cereals, white and wholemeal toast milk and water available <i>wheat, milk,soya</i>	Choice of cereals, white and wholemeal toast milk and water available <i>wheat, milk,soya</i>
AM Snack	Bread sticks with a cream cheese dip <i>Wheat,milk, V</i>	Watermelon and pineapple <i>V</i>	Pitta bread with cucumber sticks <i>V</i>	Rice crackers with sliced tomatoes <i>wheat</i>	Melon and Pineapple fingers <i>V</i>
Lunch	Mixed bean and veggie sausage pasta bake <i>wheat,soya,sulphates</i> Bananas and custard <i>milk, V</i>	Roast with new potatoes and seasonal vegetables <i>Soya</i> Homemade Blueberry sponge cake <i>Eggs,wheat</i>	Sweet potato,carrot. and chickpea curry with naan bread <i>Wheat,Milk</i> Natural yogurt with fruit <i>Milk, v</i>	Turkey mince lasagne with a rainbow salad <i>milk, wheat, barley</i> Ice-cream cones <i>milk</i>	Tuna and sweet corn fish pie with boiled potatoes <i>Milk, Fish</i> Fruit jelly and squirty cream <i>Milk</i>
PM Snack	Vegetable sticks <i>V</i>	Buttered crackers <i>wheat, v</i>	Seasonal fruit <i>V</i>	Seasonal fruit <i>V</i>	Vegetable fingers and houmous <i>Sesame v</i>
Dinner	Creamy veg and lentil soup with bread and butter <i>Celery celeriac, wheat</i> Fruit salad <i>V</i>	Pitta pizza bites and smiley stars <i>V</i> Custard biscuits <i>V</i>	Tuna/cheese spread sandwiches with sliced cucumber and cheese puffs <i>wheat, fish,milk</i> Seasonal fruit	Buttered Jacket potatoes with salad Greek yogurt with peaches <i>Milk, v</i>	Soft cheese and shredded chicken bagels <i>Wheat,soya,milk,egg</i> Seasonal fruit <i>V</i>

