















































WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal, Toast, Fruit, Milk & Water				
LUNCH	Macaroni Bake Served with green beans 	Salmon pie served with broccoli 	Roast Chicken served with potatoes, carrots and peas 	Pork stir fry served with egg noodles 	Chilli con carne served with herbie rice 
VEGETARIAN	Macaroni Bake Served with green beans 	Vegetable pie with broccoli	Roasted Quorn fillet with potatoes, carrots and peas	Stir fry served with egg noodles	Quorn chilli con carne served with herbie rice
DESSERT	Fresh fruit yoghurt/ fresh fruit & water 	Fruit salad/fresh fruit & water 	Chocolate orange cake  	Stewed apple cobblers/fresh fruit & water	Fruit salad/ fresh fruit and water  
AFTERNOON TEA	Beans on toast  ----- Fresh fruit, carrot sticks, celery sticks & water or milk	sandwiches ( cheese, tomato or tuna)   ----- Fresh fruit, carrot sticks, celery sticks & water or milk	Jacket potatoes with cheese or tuna sweet corn   ----- Fresh fruit, carrot sticks, celery sticks & water or milk	Pita pizza ( cheese, sweet corn & pine apple )  ----- Fresh fruit, carrot sticks, celery sticks & water or milk	Tuna & sweet corn wraps   ----- Fresh fruit, carrot sticks, celery sticks & water or milk

Key

Meat  Chocolate   
Dairy  Citrus   
Fish  Beans/lentils 

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal, Toast, Fruit, Milk & Water				
LUNCH	Chicken & vegetable casserole served with rice 	Spaghetti Bolognaise Serve with Italian bread sticks 	Chicken Jambalaya served with cous cous 	Cottage pie served with carrots and peas 	Cauliflower cheese served with green beans 
VEGETARIAN	Quorn & vegetable casserole Served with rice	Vegetable Bolognaise Serve with Italian bread sticks	Vegetable Jambalaya served with cous cous	Quorn Cottage pie served with carrots and peas	Cauliflower cheese served with green beans 
DESERT	Apple crumble & custard/ fresh fruit & water 	Mixed Fruit Greek Yogurt/fresh fruit & water 	Squidgy pear pudding/ fresh fruit & water	Fruit salad/fresh fruit & water 	Flapjacks/ fresh fruit and water
AFTERNOON TEA	Spinach& cheese omelette  ----- Fresh fruit, carrot sticks, celery sticks & water or milk	sandwiches ( cheese, tomato or tuna)   ----- Fresh fruit, carrot sticks, celery sticks & water or milk	Scrambled eggs with toast  ----- Fresh fruit, carrot sticks, celery sticks & water or milk	Plain and cheese scones with assorted spreads  ----- Fresh fruit, carrot sticks, celery sticks & water or milk	Creamy tomato soup with croutons  ----- Fresh fruit, carrot sticks, celery sticks & water or milk

Key

Meat		Chocolate	
Dairy		Citrus	
Fish		Beans/lentils	