

Menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of cereal and fruit (Wheat barley)	Choice of cereal and fruit (Barley, Wheat)	Choice of cereal and fruit (Wheat, barley)	Choice of cereal and fruit (Wheat barley)	Choice of cereal and fruit (Wheat barley)
Fruit	Toast (Wheat soya)	Fruit	Toast (Wheat soya)	Fruit
Pasta Bolognese (Wheat)	Sweet and sour chicken and rice (Wheat)	Tomato and veg pasta (Wheat)	Roast – Chicken potatoes seasonal veg gravy (wheat, soya)	Fish chips and peas (Fish wheat)
Rice cakes (Soya)	Fruit	Cheese and cracker (Milk wheat barley)	Veggie sticks with houmous	Breadsticks and houmous (Wheat)
Pizza (Wheat milk)	Lasagna (Milk wheat)	Beef hot pot (Milk wheat celery)	Sandwiches ham and cheese and veg sticks (Wheat barley soya milk)	Veg soup in the slow cooker with bread to dip (Wheat)

Dairy free options available **Milk served with breakfast and each snack* ***Choice of cereal – Weetabix, rice crispies, shredded wheat multigrain hoops***

Menu

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of cereal and fruit (Wheat barley)	Choice of cereal and fruit (Wheat barley)	Choice of cereal and fruit (Wheat barley)	Choice of cereal and fruit (Wheat barley)	Choice of cereal and fruit (Wheat barley)
Toast (wheat soya)	Fruit	Toast (wheat soya)	Fruit	Toast (wheat, soya)
Pasta Carbonara (Milk barley soya sesame)	Beef stew with seasonal veg (Milk celery wheat)	Chill and rice (Wheat barley)	Salmon and broccoli Pasta (Fish, Milk, Wheat)	Bagel/wrap pizza (Wheat barley sesame)
Sreen (Wheat barley)	Pitta bread and houmous (Wheat milk)	Rice cakes (Soya)	Veggie sticks and houmous	Fruit
Sandwiches ham and cheese (Wheat barley soya milk)	Pizza and veg sticks (Milk wheat)	Veg soup in the slow cooker with bread to dip (Wheat)	Beef hotpot (Milk wheat celery)	Lasagna (Milk wheat)

Dairy free options available **Milk served with breakfast and each snack** ***Choice of cereal – Weetabix, rice crispies, shredded wheat multigrain hoops***

Menu

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of cereal and fruit (Wheat barley)	Choice of cereal and fruit (Wheat barley)	Choice of cereal and fruit (Wheat barley)	Choice of cereal and fruit (Wheat barley)	Choice of cereal and fruit (Wheat barley)
Fruit	Toast (wheat, soya)	Fruit	Toast (wheat, soya)	Fruit
Chicken curry with brown rice (Wheat Soya)	Chorizo pasta (Milk wheat)	Cottage pie – mash veg and mince beef. (Milk celery eggs mustard soya)	Tuna pasta (Wheat eggs fish)	All day breakfast – sausages beans hash browns scrambled egg and toast (Wheat egg)
Breadsticks and Houmous (Wheat)	Cheese cracker (Barley wheat milk)	Pitta and Houmous (Wheat milk)	Fruit	Rice cakes (Soya)
Lasagna (Milk wheat)	Pizza with veg sticks (Wheat milk)	Sandwiches ham and cheese (Wheat barley soya milk)	Veg soup in the slow cooker with bread to dip (Wheat soya)	Beef hotpot (Milk wheat celery)

Diary free options available **Milk served with breakfast and each snack** ***Choice of cereal– Weetabix, rice crispies, shredded wheat multigrain hoops***