



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fresh Fruit with a selection of Cereal, Greek Yoghurt, Porridge, or Toast				
Snack AM	Sliced Apple, cheese, and breadsticks	Pitta Bread, Cucumber sticks & Humous	Melon Slices, Raisins, or Cornflakes	Vegetable sticks with guacamole	Sour cream and chive dip with naan bread
	G DA	G DA	G DA	CE E	CE E DA MU G
Main course	Beef in a creamy mushroom sauce with wholegrain rice	Lentil Bolognese with Pasta and Cheese	Roast Chicken, mashed potatoes, Carrots and Peas	Cauliflower & coconut curry with wholegrain rice and naan Bread	Cod Fishcakes, sweet potato fries, and Garden peas
	DA MU	V DA E CE	DA	DA G E	G E DA F
pudding	Apricot & coconut rice pudding	Pineapple chunks & Greek Yogurt	Apple oaty crunch & yogurt	Melon & oranges	Cinnamon and coconut crunch with Greek yogurt
	DA	DA G E	DA G		DA G
Snack PM	Tzatziki dip & corn cakes	Melon slices	Cucumber sticks and hummus	Cheese wedges and watermelon	Banana
Tea & pudding	Jacket Potato & beans with cheese Braised apples and natural yogurt	Veggie Sausages and mashed potatoes Stewed ginger & pears	Chilli con carne with cheese & wraps Banana	Bakes cheese & onion roll Peach's & Sultans	Leek and potato soup Fruit platter
	DA	DA G E	DA G E	DA G E	G DA

Where allergens are present, it is displayed next to the appropriate meal.

Allergen coding: GLUTEN – G, EGG – E, FISH – F, NUTS – N, PEANUTS – PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD-MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELLFISH – SF (Crustaceans and Molluscs) (V)-VEGETARIAN DAY