



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fresh Fruit, Greek Yoghurt, Porridge, Toast, Milk M G				
	Cheese Omelette E DA	Wholewheat Banana Muffin E G	Own-made Baked Beans F	Seasonal Fruit Compote	Bagel & Cream Cheese G M
Snack AM	Fresh Fruit, Milk DA				
Main course	Chickpea & Coconut Curry, Brown Rice	Bar-b-q Chicken with Cous Cous & Carrot & Cucumber Ribbons G	Lamb Broth with Leeks & Barley G M (bread)	Roast Chicken Pie, Herby Potatoes G M	Salmon with Golden Spiced Rice & peas F
Pudding	Orange & Ruby Grapefruit	Pineapple Fingers	Apple Oaty Crunch with Seeds & Natural Yoghurt G M	Melon Slices	Fruit Platter
Snack PM	Rice Cakes & Hummus SE (may)	Tzatziki & Flatbread M G	Cream Cheese & Carrot Wraps M G	Falafel & Hummus G	Cheese, Rice Cakes & Apple Slices M
Tea	Broccoli Potato & Cheddar Frittata, Rainbow Coleslaw E M	Fish Fingers, Potato Wedges & Peas F E M G	Beef Lasagne & Green Beans M G SE (may)	Penne Pasta with Easy Peasy Pesto & Green Beans G M	Chunky soup of beans & seasonal vegetables G (bread)
Pudding	Mango Yoghurt Pots M	Shortbread & Satsumas G	Peaches & Yoghurt M	Banoffee Pot M G	Berries & Yoghurt M

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 - **M**, CELERY - **CE**, MUSTARD - **MU**, SESAME - **SE**, SULPHITES - **SU**, LUPIN - **LU**, SHELLFISH - **SF** (Crustaceans and Molluscs), VEGETARIAN DAY - **V**