|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week 1 | Breakfast | Lunch  /var/folders/j3/5gdj5h215bg2wrffbv8tyznr0000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/1?15553830270000 | Dessert  /var/folders/j3/5gdj5h215bg2wrffbv8tyznr0000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/1?15553830270000 | Snack |
| Monday | Wheat Bisks with Milk  (G, DA) | Curried Lentil Soup  (G, SY) | Fruit Salad | Ham, Cheese, and Lettuce Wraps  (G, DA) |
| Tuesday | Toast with Spread  (G, DA) | Tropical Chicken Pasta  (G) | Yogurt with Fruit  (DA) | Chapati Strips with Hummus  (G, DA) |
| Wednesday | Porridge with Banana and Cinnamon | Keema Fish with Rice  (F, G, DA) | Jelly with Fruit | Yogurt with Berries  (DA) |
| Thursday | Choice of Cereal with Milk  (G, DA) | Moroccan Soup  (G, SY) | Rice Pudding  (DA) | Tuna Pasta with Cucumber  (F, G) |
| Friday | Yogurt with Sliced Apple  (DA) | BBQ Chicken Bean Bake | Chocolate Flapjack  (DA, G, S) | Bagels with Turkey and Vegetables  (E) |

Fruit and Milk to be served with every breakfast and snack.

Alternatives available when needed for allergens.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week 1 | Breakfast | Lunch | Dessert | Snack |
| Monday | Wheat Bisks, Whole/Semi-Skimmed Milk | Lentil, Potato, Onion, Carrot, Stock,  Curry Powder,  Garam Masala,  50/50 Bread | Apples  Peaches  Mandarin Segments | Ham, Cheese, Lettuce, Margarine, Wraps |
| Tuesday | Bread, Margarine | Onion  Tomato  Chicken  Mango  Coconut Milk  Pasta | Plain yogurt  Seasonal fruit | Chapati, Hummus |
| Wednesday | Oats, Whole/Semi-Skimmed Milk, fresh fruit, Cinnamon | Fish, Onions,  Peppers, Milk  Flour,  Ground Coriander,  Chilli, Garlic | Beef jelly crystals  Fresh fruit | Dairy, Fresh Fruit |
| Thursday | Cereal, Whole/Semi-Skimmed Milk | Carrot, Onion  Potato, Chickpeas  Harissa, Tomato  Stock, 50/50 bread | Pudding rice  Sugar  Milk | Fish, Pasta, Cucumber, Mayonnaise |
| Friday | Dairy, Fresh Fruit | Chicken, Baked Beans, Onion  BBQ Sauce,  Chopped Tomato,  Mashed Potato | Sugar  Syrup  D/F spread  Choc Chips  Oats | Bagels, Turkey, Margarine, Cucumber, Peppers, Tomato |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week 2 | Breakfast | Lunch  /var/folders/j3/5gdj5h215bg2wrffbv8tyznr0000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/1?15553830270000 | Dessert  /var/folders/j3/5gdj5h215bg2wrffbv8tyznr0000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/1?15553830270000 | Snack |
| Monday | Porridge with Sliced Peaches | Katsu Chicken Curry with Rice  (MU, G) | Jelly with Fruit | Breakfast Muffin Pizza Face  (DA, G) |
| Tuesday | Scrambled Egg with Toast and Avocado  (E, DA, G) | Tomato Soup  (G, SY) | Rice Pudding  (DA) | Vegetable Stir-Fry |
| Wednesday | Wheat bisks with Milk  (G, DA) | Mince and Tatties | Ginger Cake  (DA, G) | Crumpets with Deli Meat and Sliced Vegetables  (G) |
| Thursday | Choice of Cereal with Milk  (DA, G) | Macaroni Cheese with Peas and Sweetcorn  (DA, G) | Yogurt Fruit  (DA) | Tuna Melts  (G, DA, F) |
| Friday | Yogurt with Sliced Pear  (DA) | Fish Jambalaya with Rice  (F) | Fruit Salad | Cream Cheese Bagels  (G, DA) |

Fruit and Milk to be served with breakfast and snack.

Use alternatives when needed for allergens.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week 2 | Breakfast | Lunch | Dessert | Snack |
| Monday | Oats, Whole/Semi-Skimmed Milk, tinned fruit | Rice, Curry Sauce  Onions, Peppers  Chicken, Ginger (ground) | Beef jelly crystals  Fresh fruit | Breakfast Muffin, Passata, Cheese, Pepperoni, Peppers |
| Tuesday | Eggs, Semi-Skimmed/Whole Milk, Bread, D/F Spread, Avocados | Tomato, Onions, Carrots, Potato, Stock  Basil, 50/50 Bread | Pudding rice  Sugar  Milk | Noodles, Carrots, Onions, Peppers, Black Bean Sauce |
| Wednesday | Wheat bisks, Semi-Skimmed/Whole Milk | Beef Mince, Gravy  Oregano, Onions  Carrots, Garlic  Mashed Potato | Self-Rising Flour  Baking Powder  Sugar  Spread  Milk  Ground Ginger | Crumpet, Ham/Chicken, D/F Spread, Fresh vegetables |
| Thursday | Cereal, Whole/Semi-Skimmed Milk | Milk, Flour, Spread  Cheese, Garlic, Peas  Sweetcorn, Pasta | Plain yogurt  Seasonal fruit | Fish, Wraps, Cheese |
| Friday | Yogurt, Fresh Fruit | Fish, Chopped Tomato  Cajun Seasoning  Garlic, Ground Coriander, Onion  Peppers, Lemon Juice  Rice | Apples  Peaches  Mandarin Segments | Cream cheese, Bagels |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week 3 | Breakfast | Lunch  /var/folders/j3/5gdj5h215bg2wrffbv8tyznr0000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/1?15553830270000 | Dessert  /var/folders/j3/5gdj5h215bg2wrffbv8tyznr0000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/1?15553830270000 | Snack |
| Monday | Choice of Cereal with Milk  (G, DA) | Carrot and Coriander Soup  (G, SY) | Flapjack  (G) | Pasta Salad  (G) |
| Tuesday | Yogurt with Berries  (DA) | Fish and Vegetable Pasta  (F, G, DA) | Jelly with Fruit | Breadsticks with Dip  (G) |
| Wednesday | Scrambled Egg, Toast, and Cherry Tomatoes  (E, DA, G) | Rosemary Chicken with Mash Potato | Yogurt and Fruit  (DA) | Fruit and Veg Platters |
| Thursday | Porridge with Banana and Cinnamon | Chilli Con Carne with Rice | Fruit Salad | Wholemeal wraps with Chicken and Lettuce  (G) |
| Friday | Wheat bisks with Milk  (G, DA) | Leak and Potato Soup  (G, SY) | Rice Pudding  (DA) | Tuna Sandwiches  (G, DA, F) |

Fruit and Milk to be served with breakfast and snack.

Use alternatives when needed for allergens.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week 3 | Breakfast | Lunch | Dessert | Snack |
| Monday | Cereal, Whole/Semi-Skimmed milk, | Carrots, Leeks, Potato  Stock, Fresh Coriander  50/50 Bread | Sugar  Syrup  D/F spread  Oats | Pasta, Cucumber, Tomato, Onion, Peppers, Mayonnaise |
| Tuesday | Yogurt, Fresh Fruit | Fish, Milk, Flour, Spread  Carrot, Broccoli  Cauliflower, Garlic  Mixed Herbs, Pasta | Beef jelly crystals  Fresh fruit | Breadsticks, Hummus, Cream Cheese |
| Wednesday | Egg, Whole/Semi-Skimmed Milk, D/F Spread, Bread, Tomatoes | Chicken, Gravy  Rosemary, Onion  Peas, Mashed Potato | Plain yogurt  Seasonal fruit | Fresh Fruit, Fresh Vegetables |
| Thursday | Porridge, Whole/Semi-Skimmed Milk, fresh fruit, Cinnamon | Beef Mince, Onions  Mixed herbs, Chopped tomato, Kidney Beans  Chilli Powder, Rice | Apples  Peaches  Mandarin Segments | Wraps, cooked chicken, lettuce |
| Friday | Wheat bisks, Whole/Semi-Skimmed Milk | Stock, Carrots, Leeks  Potato, 50/50 Bread | Pudding rice  Sugar  Milk | Fish, Mayonnaise, D/F Spread, Bread |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week 4 | Breakfast | Lunch  /var/folders/j3/5gdj5h215bg2wrffbv8tyznr0000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/1?15553830270000 | Dessert /var/folders/j3/5gdj5h215bg2wrffbv8tyznr0000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/1?15553830270000 | Snack |
| Monday | Choice of Cereal with Milk  (DA, G) | Pasta Arrabiata  (G) | Yogurt and Fruit  (DA) | Boiled Egg with Toast  (G, E, DA) |
| Tuesday | Yogurt with Berries  (DA) | Fish in Garlic Sauce with Rice  (F, G, DA) | Chocolate Orange Cake  (G, DA) | Baked beans with Pitta  (G) |
| Wednesday | Toast with Spread  (G, DA) | Broccoli Soup  (G, SY) | Fruit Salad | Vegetable Stir-fry  (G) |
| Thursday | Wheat bisks with Milk  (G, DA) | Cheeseburger Pasta  (DA, G) | Jelly and Fruit | Yogurt with Pineapple  (DA) |
| Friday | Porridge with Apple Slices | Chilli Garlic pork with mash potato | Yogurt and Fruit  (DA) | Tuna Salad  (F) |

Fruit and Milk to be served with breakfast and snack.

Use alternatives when needed for allergens.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week 4 | Breakfast | Lunch | Dessert | Snack |
| Monday | Cereal, Whole/Semi-Skimmed Milk | Tomato, Basil, Onion  Chilli Powder, Peppers (mixed), Pasta | Plain yogurt  Seasonal fruit | Egg, D/F Spread, Bread |
| Tuesday | Plain Yogurt, Fresh Fruit | Fish, Milk, Flour, Spread  Parsley, Dill, Onion  Ground Black Pepper,  Rice | Self-Rising Flour  Baking Powder  Sugar, Spread, Milk  Cocoa powder  Orange | Baked Beans, D/F Spread, Pitta Bread |
| Wednesday | Bread, D/F Spread | Broccoli, Cauliflower  Potato, Onion, Carrot  Stock, 50/50 Bread | Apples  Peaches  Mandarin Segments | Noodles, Carrots, Onions, Peppers, Black Bean Sauce |
| Thursday | Wheat Bisks, Whole/Semi-Skimmed Milk | Beef Mince, Tomato  Onions, Cheese  Hamburger seasoning,  Garlic, Pasta | Beef jelly crystals  Fresh fruit | Plain Yogurt, Pineapple |
| Friday | Porridge, Whole/Semi-Skimmed Milk, apple | Chilli powder, Garlic  Pork Mince, Gravy  Onions, Broccoli  Potato | Plain yogurt  Seasonal fruit | Fish, Lettuce, Peppers, Onion, Cucumber, Tomato, Mayonnaise |