

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal G, DA	Toast G	Cereal G, DA	Toast G	Cereal G, DA
Snack	Cream crackers, cucumber & spread G	Fresh fruit	Toasted English Muffin, banana SE, SY, G	Vegetable sticks & Houmous Dip G, SU	Yoghurt & fruit puree DA
Lunch	Main: Poached fish, mixed herbs, white sauce, boiled baby potatoes & peas & sweetcorn DA, F, G Vegetarian option: Quorn fillet & white sauce DA, G Pudding Ice cream DA	Starter: Cheese straws twisted E, G, DA, MU Main: Turkey goulash, sweet mash potato & roasted vegetable Vegetarian option: Lentil goulash G	Main: Pork casserole, mash potatoes, sweetcorn & broccoli Vegetarian option: Quorn Casserole G Pudding: Apple pie & custard DA, G	Starter: Chessy garlic bread G, SY Main: Turkey Italian meatballs in tomato vegetable sauce & brown pasta G Vegetarian option: Vegan meatballs G	Main: Mince beef diner, yorkshire pudding, mashed potato, broccoli, carrots & gravy E, DA, G Vegetarian option: Vegan mince dinner DA, E, G, SY Pudding: Carrot cake E G
Tea	Main: Beans on toast G, SY Pudding: Fresh fruit	Main: Cheesy ham stuffed jacket potatoes DA Vegetarian option: Cheesy stuffed jacket potatoes DA Pudding: Yoghurt & fruit puree DA	Main: Vegetable & lentil soup G Pudding: Chocolate brownie G	Main: Mackerel on toast F, G, SY Vegetarian option: Cheese on toast DA, G, SY Pudding: Apple flapjack G	Main: Egg mayonnaise sandwiches E, G, SE, SY Pudding: Oat & sultana biscuit DA, G

*Cereals containing gluten - G *Soya - SY *Celery - CE *Milk - DA *Eggs - E *Fish - F *Nuts - N *Mustard - MU *Sesame - SE *Lupin - LU

*Sulphur dioxide or sulphite's - SU *Mollusc - SF *Crustaceans - SF *Peanuts - PN

**** PLEASE NOTE**** To meet the needs of children with allergies and dietary needs, a suitable alternative will be offered.