



...This week's treats...



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)
Morning/Afternoon Snack	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)
Lunch	Vegetable Pasta Bake Sultana flapjack (M,G,SD)	Chicken Curry, naan & rice Who (G,M,SD,Mu)	Cottage pie & Vegetables Jelly & fruit (SD,M)	Sausage Hotpot & vegetables Vanilla Sponge & custard (SD,M)	Fish pie & sweetcorn Shortbread (G,F,M,SD,MU)
Tea	Beans on toast Fruit (G,M)	Cheese & mayo wrap Cucumber (G,M,E,SD)	Tomato soup & roll Melon (G)	Egg mayo sandwiches Peppers (E,G,M,SD)	Cheesy Pasta Sultanas (G,M,SD)

KEY:	S = Soya	F = Fish	N = Nuts	G = Gluten/Wheat
M = Milk	L = Lupin	P = Peanuts	Cr = Crustaceans	Mo = Molluscs
SD = Sulphur dioxide	SS = Sesame seeds	E = Egg	Mu = Mustard	C = Celery

All allergies and preferences catered for. Please ask to speak to Amanda



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)
Morning/Afternoon Snack	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)
Lunch	Vegetable Stir Fry Semolina M, SD,E,G)	Moroccan lame with couscous Chocolate Sponge M,G)	Sausage, wedges and beans Chocolate delight (M,SD)	Lasagne with garlic bread Peaches & cream (SD)	Tuna Pasta Bake Ice-cream & jelly (F,M,SD,G)
Tea	Scrambled egg on toast Rice Cake (G)	Crumpets with jam Fruit (G,M)	Macaroni Cheese Cucumber Sticks (G)	Tuna mayo sandwiches Rich tea biscuit (E,G)	Sausage roll & beans Sultanas (G,M)

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)
Morning/Afternoon Snack	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)
Lunch	Sausage Hot Pot Ginger Biscuit (M,SD,E,G))	Beef mince stew Banana whip (M,G)	Sweet & sour chicken with rice Syrup sponge & custard (M,SD,G)	Shepherd's pie with vegetables Jelly & fruit (SD)	Fish cake & wedges Flapjack (F,M,SD,G)
Tea	Hummus with pitta bread Carrot sticks (G)	Cheese wholemeal rolls Cucumber sticks (G,M)	Homemade leek & potato soup Cucumber sticks (G)	Pizza muffins with cheese Rich tea biscuit (E,G)	Chicken paste sandwiches Sultanas (G,M)

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)	Milk or water Cereal Toast (M,G)
Morning/Afternoon Snack	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)	Milk or water Fruit or Yogurt (M)
Lunch	Vegetable stir fry Semolina & jam (S,SD,G,M)	Beef lasagne & garlic bread Orange jelly and mandarins (M,G)	Cauliflower cheese, new potatoes & peas Vanilla Sponge and custard (M,SD, E,G,M)	Chicken casserole & vegetables Banana whip (SD,M)	Fish fingers, potato wedges & sweetcorn Shortcake biscuits (G,F,SD,M)
Tea	Ham & cucumber wholemeal rolls Raisins ((G,M,SD)	Egg mayo wraps Cucumber (SD)	Pizza Muffins Pepper sticks (G,M,SD)	Sausage roll & beans Rice cake (G,E,M,G)	Cheese on toast Melon (G,M)

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