

| WEEK ONE                          | Monday                                                                                                                                   | Tuesday                                                                                                                                  | Wednesday                                                                                                                                | Thursday                                                                                                                                    | Friday                                                                                                                                   |
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| Breakfast<br>8:00am – 8:30am      | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1) |
| Morning Snack<br>9:00am – 10:00am | Selection of Fruit<br><br>Boxty or potato bread, bacon medallions<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                       | Mixed Berries<br><br>French toast served with syrup/jam<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)                              | Selection of Fruit<br><br>Mixed berry bread<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)                                          | Selection of Fruit<br><br>Greek yoghurt, honey, granola, raisins<br><br>Water/Milk<br><b>Allergens:</b><br>(7)(4)                           | Selection of Fruit<br><br>Pancakes, variety of toppings<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)                              |
| Dinner<br>12:00pm – 12:30pm       | Spaghetti Bolognese served with grated cheese and garlic bread<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                             | Roast turkey with mash, roast potatoes and mixed seasonal veg<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                              | Vegetarian Curry with Naan Bread<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                        | Fish fingers, Beans, sweetcorn and Mashed potato<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                              | Beef Burgers, homemade chips or wedges, broccoli/beans<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)                               |
| Evening Snack<br>2:30pm – 3:30pm  | Toasted Pitta Pockets with fillings<br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                         | Savoury platter (ham,cheese,egg)<br>Water/Milk<br><b>Allergens:</b><br>(7)(3)                                                            | Make your own Pizza faces<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                               | Variety of Sandwiches<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                                      | Blueberry muffins with fruit<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                                               |

| WEEK TWO                          | Monday                                                                                                                                      | Tuesday                                                                                                                                     | Wednesday                                                                                                                                   | Thursday                                                                                                                                    | Friday                                                                                                                                      |
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| Breakfast<br>8:00am – 8:30am      | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) |
| Morning Snack<br>9:00am – 10:00am | Selection of Fruit<br><br>Variety of yoghurts, crackers<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                    | Selection of Fruit<br><br>Potato bread, skinless sausages, beans<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                           | Selection of Fruit<br><br>Egg in a cup, toast<br><br>Water/Milk<br><b>Allergens:</b><br>(3)(1)(7)                                           | Selection of Fruit<br><br>Banana Bread<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)                                                  | Selection of Fruit<br><br>Smoothies, porridge cookies<br><br>Water/Milk<br><b>Allergens:</b><br>(7)(1)                                      |
| Dinner<br>12:00pm – 12:30pm       | Vegetarian Pasta bake<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                                                         | Deconstructed Shepherds pie served with mixed veg<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                             | Chilli con carne served with kidney beans and rice<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(6)(7)(8)(9)(10)(11)                        | Roast Chicken, Mash, Roast Potatoes and seasonal veg<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                          | Fish goujons, beans, sweetcorn and wedges/chips<br><br>Water/Milk<br><b>Allergens:</b><br>(4)(7)                                            |
| Evening Snack<br>2:30pm – 3:30pm  | Ham and Cheese roll ups<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                                    | Mac and cheese<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                                             | Veggie stick platter<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                                                          | Toasted crumpets with tomato, cheese, cucumber<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                             | Apple crumble, custard<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                                     |

| WEEK THREE                        | Monday                                                                                                                                      | Tuesday                                                                                                                                     | Wednesday                                                                                                                                   | Thursday                                                                                                                                    | Friday                                                                                                                                      |
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| Breakfast<br>8:00am – 8:30am      | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) |
| Morning Snack<br>9:00am – 10:00am | Selection of Fruit<br><br>Beans on toast<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                   | Selection of Fruit<br><br>Breakfast crumpets (egg, bacon, tomato, mushroom)<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)             | Selection of Fruit<br><br>Yoghurt bark, yoghurt rice cakes<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                    | Selection of Fruit<br><br>Scrambled egg, avocado, cherry tomato, wholemeal bagels<br><br>Water/Milk<br><b>Allergens:</b><br>(3)(1)(7)       | Selection of Fruit<br><br>Banana and blueberry muffins<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)                                  |
| Dinner<br>12:00pm – 12:30pm       | Cheesy tomato pasta<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                                        | Fish fingers, beans, mash<br><br>Water/Milk<br><b>Allergens:</b><br>(4)(1)(7)                                                               | Beef Curry with rice<br>Water/Milk<br><b>Allergens:</b><br>(7)                                                                              | Chicken Casserole, mash, sweetcorn<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                                            | Chicken goujons, beans, sweetcorn and wedges/chips<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                            |
| Evening Snack<br>2:30pm – 3:30pm  | Crackerbread with jam/cream cheese and fruit<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                               | Tuna and sweetcorn melts<br><br>Water/Milk<br><b>Allergens:</b><br>(4)(1)(7)                                                                | Cubed cheese, ham and corn cakes with fruit<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                                   | Toasted cheese, spaghetti hoops<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                            | Fruit crumble with yoghurt<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                                 |

| WEEK FOUR                         | Monday                                                                                                                                      | Tuesday                                                                                                                                     | Wednesday                                                                                                                                   | Thursday                                                                                                                                    | Friday                                                                                                                                      |
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| Breakfast<br>8:00am – 8:30am      | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) | Selection of breakfast cereals/porridge<br><br>Bread or toast with butter or jam/marmalade<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7) |
| Morning Snack<br>9:00am – 10:00am | Selection of Fruit<br><br>Brioche with variety of toppings<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)                              | Selection of Fruit<br><br>Spinach and cheese muffins, turkey sausages<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)                   | Selection of Fruit<br><br>Fruit Scones, variety of yoghurts<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)                             | Selection of Fruit<br><br>Omelettes with variety of fillings<br><br>Water/Milk<br><b>Allergens:</b><br>(3)(7)(1)                            | Selection of Fruit<br><br>Flapjacks and oatcakes<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                           |
| Dinner<br>12:00pm – 12:30pm       | Vegetarian risotto<br><br>Water/Milk<br><b>Allergens:</b><br>(1)                                                                            | Lasagne served with mixed salad and garlic bread<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                              | Roast turkey, mash, roast potatoes, veg<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                                       | Fish goujons, mash, beans, mixed veg<br>Water/Milk<br><b>Allergens:</b><br>(4)                                                              | Skinless sausages, chips/wedges, mixed veg<br><br>Water/Milk<br><b>Allergens:</b><br>(7)                                                    |
| Evening Snack<br>2:30pm – 3:30pm  | Oatcakes with cheese and tomatoes<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                          | Waffles and beans<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                                          | Carrot muffins with a savoury platter<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)                                                   | Bread rolls with fillings<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(7)                                                                  | Bread Pudding with frozen yogurt<br><br>Water/Milk<br><b>Allergens:</b><br>(1)(3)(7)                                                        |