

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Fresh fruit with a selection of cereal or porridge				
Morning Snack -Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water				
Lunch (served with a cup of water)				

Main	Veggie Loaded Tomato and Lentil Sauce DA	Roast Beef With Gravy	Oven Baked Vegetable Croquettes G, E	Sweet and Sour Chicken G, CE, SU	Chef's Special (See Chef For Further Information And Allergens)
Vegetarian option	Same As The Main	Lentil And Vegetable Casserole	Same As The Main	Sweet and Sour Tofu with Vegetables G, CE, SU, SY	Chef's Special (See Chef For Further Information And Allergens)
Sides	Whole-wheat Pasta G SY MU	Cauliflower And Carrots New Potatoes With Yorkshire Pudding G, DA, E	Mushy Peas Sweet Potatoes	50/50 Brown And White Rice	Chef's Special (See Chef For Further Information And Allergens)
Dessert	Vanilla yoghurt DA	Jelly And Fruit	Cheese and Crackers G, DA	Fresh Fruit Platter	Chocolate loaf

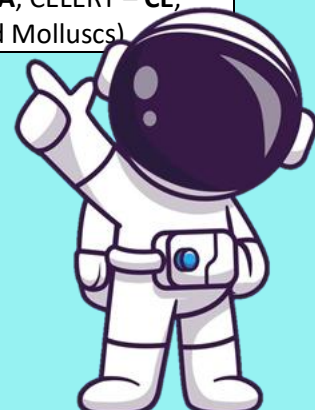
Afternoon snack-Fresh fruit or vegetable sticks served with a cup of milk or water (**Please see chef for allergen information**)

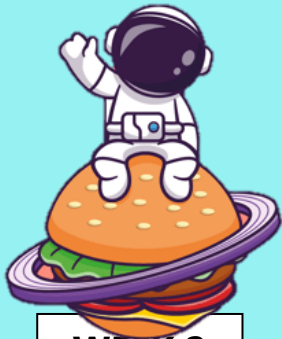
Monday	Tuesday	Wednesday	Thursday	Friday
Light Tea (served with a cup of water)				

Main	Cream Cheese and Toasted Muffin G, DA, SY, SE	Homemade Baked Beans on a Warm Buttered Crumpet G	Asian-Style Chicken and Rice	Mixed Bean and Vegetable Enchiladas G, DA	Turkey Salad Wraps G, E
Vegetarian option	Same As The Main	Same as the Main	Asian-Style Tofu With Rice SY	Same As The Main	Hummus and Cucumber Wraps SE, G
Sides	Cucumber Sticks	Sliced Peppers	Celery Sticks CE	Cucumber Sticks	Tomato Wedges
Dessert	Peaches And Custard DA	Pear Slices	Plums and Pears	A Selection of Fruit	Banana Yoghurt DA

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 – **DA**, CELERY – **CE**, MUSTARD-**MU**, SESAME – **SE**, SULPHITES – **SU**, LUPIN – **LU**, SHELLFISH – **SF** (Crustaceans and Molluscs)





WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Fresh fruit with a selection of cereal or porridge				
Morning Snack -Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water				
Lunch (served with a cup of water)				

Main	B.B.Q Chickpeas And Vegetables G SU	Lamb, Vegetable and Pearl Barley Stew G	Cheesy Beanie Pasta G, DA, MU, SY	Oven Baked Fishcakes G, F	Around The World Chef's Special
Vegetarian option	Same As The Main	Winter Vegetable and Pearl Barley Stew G	Same As The Main	Oven Baked Vegetable Croquettes G, E	Around The World Chef's Special
Sides	Sweet Potato and Root Veg Mash	Green Beans Sweetcorn	Green Beans Sweetcorn	Mushy Peas New Potatoes	Around The World Chef's Special
Dessert	Fresh Fruit Platte	Plum And Blueberry Oat Crumble With Vanilla Custard G, DA	Baked Lemon and Vanilla Rice Pudding DA	Melon	Baked Rice Pudding DA

Afternoon snack-Fresh fruit or vegetable sticks served with a cup of milk or water (**Please see chef for allergen information**)

Monday	Tuesday	Wednesday	Thursday	Friday
Light Tea (served with a cup of water)				

Main	Tuna Crunch Wrap G, E F	Cream of Tomato Soup DA	Egg Mayo Sandwiches G, E, SY, SE	Jacket Potato Slice with Egg Mayonnaise E	Curried Lentil Dhal G
Vegetarian option	Roasted Vegetable and Avocado Wrap G, DA	Same as the Main	Cheese Savoury Sandwiches G, DA, E, SY	Same As The Main	Same As The Main
Sides	Celery Sticks CE	Buttered Brown Bread Triangles G, SE, SY	Cucumber Sticks	Pepper Slices	Pitta Bread Dippers G, DA, SY
Dessert	Apple And Sultanas	Cheese and Crackers G, DA	A Selection of Fruit	Yoghurt with Mixed Berries DA	Pear Yoghurt DA

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 – **DA**, CELERY – **CE**, MUSTARD-**MU**, SESAME – **SE**, SULPHITES – **SU**, LUPIN – **LU**, SHELLFISH – **SF** (Crustaceans and Molluscs)

