

ALLERGENS indicated by number, as per Allergen Chart

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
LUNCH	Mrs Fleetwood's Pink Spaghetti 2, 7	Vegetable Curry with Basmati Rice 14	Haddock & Mushroom Parcel with New Potatoes and Peas 2, 5, 7	Vegetable Lasagne with Green Salad 2, 4	Lamb Burgers with Chips and Diced Cucumber & Tomato 2, 12
VEGETARIAN OPTION			Baked Goats' Cheese & Red Pepper Parcel 2		Vegetable Fingers, Chips and Diced Cucumber & Tomato 1, 2, 4, 7
PROTEIN	Cheese and Milk	Chick Peas, Creamed Coconut	Fish, Cheese	Egg, Cheese	Lamb, Cannellini and Mixed Beans, Egg
CARBOHYDRATES	Pasta	Rice, Potatoes	Pastry, Potatoes	Pasta	Bread, Potatoes
VEGETABLES	Onions and Tomatoes	Onion, Carrot, Red Pepper, Green Pepper, Tomatoes and Peas	Mushroom, Peas, Red Pepper	Green Lettuce, Cucumber, Tomatoes, Mushrooms, Onions	Onion, Mushrooms, Cucumber, Tomato
PUDDING	Fruit Platter	Pineapple upside down cake 2, 4, 7	Semolina 2, 7	Chocolate Blancmange 7	Rice Pudding 2, 7
ALTERNATIVE	Selection of Fresh Fruit or Yogurt 7				
SNACK	Fruit Crumble & Ice Cream 2, 7	Bagels with Ham & Cream Cheese 2, 7, 10, 12	Tomato pasta 2	Spaghetti hoops on toast 2, 10, 12, 13	Homemade scones & jam 2, 7, 10
ALTERNATIVE	Selection of Fresh Fruit or Yoghurt 7				

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
LUNCH	Roasted Pepper Pasta with Grated Hard Cheese 2, 7, 10	Jollof Rice 2	Jacket Potatoes with Tuna, Sweetcorn Mayonnaise & Salad 4, 5, 7	Beef Tacos with Salad 2, 7, 13	Potato & Leek Soup with French Stick 7
VEGETARIAN OPTION		Quorn Jollof Rice 2, 13	Jacket Potatoes with Cheese & Salad 7	Lentil Tacos with Salad 2, 7, 13	
PROTEIN	Cheese	Chicken	Tuna/Cheese	Lentils/Beef & Cheese	Cream
CARBOHYDRATES	Pasta	Rice	Potatoes	Taco Shell	Potatoes
VEGETABLES	Tomatoes, Onions, Red Peppers, Yellow Peppers	Tomatoes, Onions, Peas & Sweetcorn, Carrots	Sweetcorn, Tomatoes, Cucumber	Lettuce, Cucumber, Tomatoes, Onion, Beetroot & Cress	Leeks, Onions
PUDDING	Banana & Custard 4, 7	Fresh Fruit Salad with Evaporated Milk 7	Ginger Cake with Vanilla Sauce 2, 4, 7	Strawberries & Kiwi with Shortbread Biscuits 2, 7	Jam Sponge and Custard 2, 4, 7
ALTERNATIVE	Selection of Fresh Fruit or Yoghurt 7				
SNACK	Pitta Pockets with Cheese & Salad 2, 7	Chocolate Sponge and Chocolate Sauce 2, 4, 7	Toasted Muffins with Spaghetti Hoops 2, 10, 12, 13	Crumpets with Butter & Jam 2, 7	Cheese & crackers with pineapple 2, 7
ALTERNATIVE	Selection of Fresh Fruit or Yoghurt 7				

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
LUNCH	Spaghetti Campania with Garlic Bread 2, 7, 10	Mixed Bean Casserole with Brown Rice	Cheesy Quiche with Potato Salad and Petite Pois 2, 4, 7, 9, 10	Golden Herby Breaded Chicken, Mashed Potatoes, Green Beans and Gravy 1, 2, 4, 7	Bean Burger with Chips & Homemade Apple Coleslaw 2, 4, 12, 14
VEGETARIAN OPTION				Mushrooms & Grated Hard Cheese 7	
PROTEIN	Cheese	Butter Beans, Pinto Beans	Cheese, Eggs	Eggs, Chicken, Cheese	Cannellini and Mixed Beans
CARBOHYDRATES	Bread & Pasta	Rice	Potatoes	Potatoes	Potatoes
VEGETABLES	Onion, Carrot and Green Pepper	Red Pepper, Carrot, Onion and Peas	Peas	Green Beans	White Cabbage, Onion, Carrot
PUDDING	Coconut Tartlets with Vanilla Ice Cream 2, 7, 14	Peaches with single cream 7	Bananas and Custard	Mixed Melon Platter	Syrup Sponge with Custard 2, 4, 7
ALTERNATIVE	Selection of Fresh Fruit or Yoghurt 7				
SNACK	Mixed Sandwiches with Carrot 1, 2, 4, 5, 12, 13	Cupcakes 2, 4, 7	Fruit Salad with Evaporated Milk 7	Ice Cream 7	Veggie Hot Dogs 2, 13
ALTERNATIVE	Selection of Fresh Fruit				

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
LUNCH	Cheese Ploughman's with Warm Baguettes 2, 7	Chicken Korma with rice 2, 7, 13	Tuna & Sweetcorn Pasta Bake 2, 5, 7	Ratatouille with Jacket Potato 7	Fruity Pizza with Garlic Bread 2, 4, 7
VEGETARIAN OPTION			Vegetable Pasta Bake		
PROTEIN	Cheese	Chick Peas	Tuna, Cheese	Cheese	Mozzarella & Cheddar Cheese
CARBOHYDRATES	Bread	Pastry & Potatoes	Pasta	Potatoes	Pizza Dough
VEGETABLES	Cos Lettuce, Tomatoes, Beetroot, Cress & Cucumber	Onion, Broccoli, Sweetcorn, Courgettes, Red & Yellow Peppers	Sweetcorn, Courgette, Mushrooms, Onion, Pepper, Tomatoes	Onion, Peppers, Courgette, Tomatoes	Tomatoes, Onions, Sweetcorn
PUDDING	Mandarin Sponge & Custard 2, 4, 7	Semolina 2, 7	Apple Tart & Fresh Cream 2, 7	Fresh Fruit Salad with Ice Cream 7	Rice Pudding 2, 7
ALTERNATIVE	Selection of Fresh Fruit or Yoghurt 7				
SNACK	Crumpets with Butter & Jam 2	Fish/Vegetable Fingers in Wholemeal Pitta Bread with Tomato Ketchup 2, 5	Vegetable Sticks & Dips with pitta bread 1, 2, 7, 9	Rock Cakes 2, 4, 7	Ham or Cheese Salad Wraps 2, 4, 7

ALLERGENS indicated by number, as per Allergen Chart

ALTERNATIVE

Selection of Fresh Fruit