



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Crumpets</p> <p>Fresh fruit</p>	<p>Assorted cereals</p> <ul style="list-style-type: none"> • Cows milk • Soya milk • Oat milk <p><u>CHEERIOS AND SHREDDIES MAY CONTAIN NUTS</u></p> <p>Gluten free cereal</p> <p>Fresh Fruit</p>	<p>Homemade pancakes Egg free / G/F</p> <p>Fresh fruit</p>	<p>Assorted cereals</p> <ul style="list-style-type: none"> • Cows milk • Soya milk • Oat milk <p><u>CHEERIOS AND SHREDDIES MAY CONTAIN NUTS</u></p> <p>Gluten free cereal</p> <p>Fresh Fruit</p>	<p>Croissants with ham and cheese</p> <p>Wholemeal toast and dairy free butter</p> <p>Fruit</p>
Lunch	<p>Sausage, mash, Carrots and cauliflower</p> <p>Veggie sausage</p> <p>Peaches and custard</p> <p>Fresh Fruit</p>	<p>Hamburgers, potato wedges peas and sweetcorn G/F</p> <p>Veggie / vegan burgers</p> <p>Fromage frais D/F</p> <p>Fresh fruit</p>	<p>Vegetable hotpot and seasonal vegetables</p> <p>Vegetable hotpot</p> <p>Fruit jelly</p> <p>Fruit</p>	<p>Roast gammon dinner</p> <p>Veggie / vegan fillet</p> <p>Lemon drizzle cake</p> <p>Fruit</p>	<p>Homemade breaded chicken breast, cheesy sweetcorn pasta, broccoli and peas.</p> <p>Veggie burger</p> <p>Fresh fruit salad</p>
Tea	<p>Vegetable bolognese and garlic bread</p> <p>Fresh fruit</p>	<p>Sweet and sour chicken and rice</p> <p>Sweet and sour Vegetables</p> <p>Fresh fruit</p>	<p>Tuna pasta bake, Fresh baguette, salad sticks</p> <p>Roasted vegetable pasta</p> <p>Banana loaf</p> <p>Fresh fruit</p>	<p>Jacket potato with beans / cheese. Salad veg</p> <p>Fruit and natural yoghurt D/F</p>	<p>Fish fingers, wedges and beans</p> <p>Veggie fingers / Gluten free fish fingers</p> <p>Vanilla sponge cake</p> <p>Fresh fruit</p>
Number of fruit and vegetable portions	8	8	8	8	8

GF – gluten free
DF – dairy free