



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted cereals Gluten/wheat free cereals	Wholemeal toast with honey or cheese Gluten/wheat free wholemeal toast	Homemade pancakes Gluten/wheat dairy & egg free pancakes	Assorted cereals Gluten/wheat free cereals	Bagels with cream cheese & apple slices Gluten/wheat free bagels
Lunch	Chicken pie, roast baby potatoes & spring greens Vegetable pie Gluten/wheat & dairy free pastry  Natural yogurt & honey Soya yogurt & honey	Lasagne, carrots & garlic bread Vegetarian lasagne Gluten/wheat & egg free pasta  Strawberry cheese cake Strawberries & soya cream	Fish cakes, cauliflower & broccoli Gluten/wheat free breadcrumbs no egg added  Baked pear & ice cream Soya ice cream	Hot dogs with corn on the cob & potato wedges Vegetarian hotdog Gluten free sausages  Carrot cake Gluten/wheat dairy & egg free	Cheese & broccoli quiche vegetable sticks & coleslaw Gluten/wheat dairy & egg free vegetable pasties  Flapjack Dairy free
Tea	Tuna pasta bake & salad Gluten/wheat free pasta no cheese  Kiwi & strawberries	Sweet & sour chicken, rice & spring rolls Sweet & sour vegetables No spring rolls  Banana split Soya ice cream	Homemade pizza & salad Vegetable pizza Gluten/wheat, dairy & egg free pizza  Shortbread biscuits Gluten/wheat & dairy free shortbread	Roast pork, spring greens & new potatoes Cheese & tomato tart  Ice cream cones Soya ice cream	Cowboy pie, cabbage & sweetcorn Vegetarian sausage Gluten/wheat & dairy free Jelly
Number of fruit and vegetable portions	7	8	8	7	9