



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Crumpets Wholemeal toast with dairy free butter Fresh Fruit	Assorted cereals <ul style="list-style-type: none"> • Cows milk • Soya milk • Oat milk <u>CHEERIOS AND SHREDDIES MAY CONTAIN NUTS</u> Gluten free cereal Fresh Fruit	Croissants with ham / cheese Wholemeal toast Fruit	Assorted cereals <ul style="list-style-type: none"> • Cows milk • Soya milk • Oat milk <u>CHEERIOS AND SHREDDIES MAY CONTAIN NUTS</u> Gluten free cereal Fresh fruit	Scrambled egg on wholemeal toast Fresh Fruit
Lunch	Macaroni cheese, fresh baked baguette and salad sticks Yoghurts D/F Fresh Fruit	Homemade fish pie, green beans and broccoli Vegetable cottage pie Watermelon slices Fresh fruit	Chicken curry and rice, naan bread Vegetable curry Carrot cake Fresh fruit salad	Baked sausage, wedges, peas and sweetcorn Veggie sausage Fruit jelly Fresh fruit	Minced beef and onion, mashed potatoes, cauliflower and carrots Cookie Fresh fruit
Tea	Roast chicken dinner Vegan fillet Quorn chicken fillet Fresh Fruit salad	Tuna pasta bake, garlic bread and salad sticks Vegetable pasta Flapjack Fresh fruit	Vegetable bolognese, . Bananas and custard Fresh fruit	Chicken fajitas, cous cous and vegetable sticks Veggie fajitas Fresh fruit	Jacket potato with beans and cheese Fresh fruit
Number of fruit and vegetable portions	8	8	8	8	8

GF –
gluten
free
DF – dairy
free