



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cinnamon and banana porridge D/F  G/F cereal  Fresh fruit	Assorted cereals • Cows milk • Soya milk • Oat milk <u>CHEERIOS AND SHREDDIES MAY CONTAIN NUTS</u> Gluten free cereal  Fresh Fruit	Scrambled eggs on toast G/F D/F  Wholemeal toast  Fresh fruit	Assorted cereals • Cows milk • Soya milk • Oat milk <u>CHEERIOS AND SHREDDIES MAY CONTAIN NUTS</u> Gluten free cereal  Fresh Fruit	<b>Homemade pancakes D/F G/F</b> <b>EGG FREE</b>  Fresh fruit
Lunch	Sausage casserole, new potatoes, carrots and runner beans.  Veggie / vegan sausage casserole  <b>Cookies</b> Fresh Fruit	Vegetable and lentil cottage pie, cauliflower and broccoli  Fromage frais D/F Fresh fruit	Roast pork, roast potatoes, Carrots, cabbage and mashed swede.  Roast quorn fillet / vegan fillet  Carrot cake Fresh fruit	Salmon and sweetcorn lattice, mashed potatoes, peas and broccoli  Roasted vegetable lattice  Fruit jelly Fresh fruit	Vegetable and chickpea curry and rice, naan bread  Pear and apple strudel  Fresh fruit
Tea	Chicken fajitas, vegetable rice and salad sticks G/F D/F  Vegetable fajitas  Fresh Fruit salad and natural yoghurt	Burgers, potato wedges and beans D/F G/F  Veggie / vegan burgers. D/F G/F  Fresh fruit salad	Spanish chicken and rice  Spanish vegetables  DF/GF  Cheese, grapes and crackers	Jacket potato with beans, cheese and/or Tuna D/F G/F    Homemade Rice pudding and stewed apple Fresh fruit	Fish fingers, new potatoes peas and sweetcorn  Veggie fingers  Mixed melon slices
Number of fruit and vegetable portions	8	8	8	8	8

GF –  
gluten  
free  
DF – dairy  
free