



Week 4	Monday – American independence day	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrambled egg on wholemeal toast 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	Toasted muffins with cream cheese 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	Crossaints with ham and cheese Wholemeal toast with dairy free butter Fresh fruit
Lunch	Sausage , mash and vegetables <u>Veggie sausage</u> Fruit crumble and custard Fresh fruit	Macaroni cheese, salad sticks and garlic bread Roasted vegetable pasta Fromage frais Fresh fruit.	Roast gammon, roast potatoes, cauliflour and broccoli Fresh fruit salad and natural yoghurt	Homemade fish pie, green beans, peas Vegetable cottage pie Fruit jelly Fresh Fruit	Vegetable bolognaise , fresh baked bread and salad sticks. Watermelon slices
Tea	Jacket potato / beans / cheese Fresh Fruit salad	Pork casserole , new potatoes and veg Roasted vegetable casserole Cookies Fresh fruit	Pizza bagels, garlic bread and veg sticks Fresh fruit Fresh fruit	Fajitas and vegetable cous cous Bananas and custard Fresh fruit	Quiche and vet able rice D/F EGG FREE and G/F alternative available Fresh fruit salad
Number of fruit and vegetable portions	8	8	8	8	8

GF –
gluten
free
DF – dairy
free