



## Week Two

**Breakfast:** Select from: Weetabix, Rice Krispies, Ready Brek, Shreddies, Cheerios, Dried Fruit, Toast, Fruit Toast, Fruit & Yogurt

Allergen Information: Wheat, barley, wholewheat, oats, sulphites, milk, soya

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Pancakes <i>Allergen: Milk, egg, wheat gluten</i>	Malt loaf <i>Allergen: Wheat, barley, cows milk</i>	Toasted muffins & jam <i>Allergen: Wheat, milk</i>	Cream crackers & apple <i>Allergen: Wheat, gluten</i>	Toasted Fruit loaf <i>Allergen: Milk, wheat gluten</i>
<b>Lunch</b>	Fish fingers, beans and potatoes <i>Allergen: Wheat, Fish</i>	Chickpea & vegetable curry with wholemeal rice <i>Allergen: Cows milk</i>	Chicken, roasted potatoes, carrot & broccoli, stuffing & gravy <i>Allergen: Wheat flour, barley extract</i>	Minced beef Lasagne, sweetcorn and carrots <i>Allergen: Wheat flour, cow's milk</i>	Sausages & mixed vegetables in tomato sauce with cous cous <i>Allergen: Wheat</i>
<b>Dessert</b>	Bananas and raspberries <i>Allergen:</i>	Frozen berries and Natural yoghurt <i>Allergen: Wheat, eggs, milk</i>	Ice cream and peaches <i>Allergen: Cows milk</i>	Jelly <i>Allergen: None</i>	Angel Delight <i>Allergen: Cow's milk</i>
<b>PM Snack</b>	Flavoured rice cakes <i>Allergen: Sesame (factory)</i>	Carrot sticks & houmous <i>Allergen: Sesame</i>	Savoury cracker and grapes <i>Allergen: Wheat, gluten, barley gluten</i>	Melon <i>Allergen: Sulphites</i>	Breadstick and pear <i>Allergen: Wheat, soya (factory), cows milk</i>
<b>Tea</b>	Crusty bread, tuna, egg mayonnaise, peppers and cucumber <i>Allergen: Fish, wheat, gluten, egg &amp; milk</i>	Toasted bagels with houmous, ham, peppers & tomatoes <i>Allergen: Wheat, sesame</i>	Spaghetti and Wholemeal Toast <i>Allergen: Wheat, sesame</i>	Wholegrain tortilla wraps, ham, chicken, cheese spread,, cucumber & tomatoes (Toasted muffins for Babies/Tweenies) <i>Allergen: Wheat, cows milk</i>	Noodles, ham, sweetcorn, pepper & sweet chilli dip <i>Allergen: Wheat, egg, sesame</i>
<b>Dessert</b>	Biscuit <i>Allergen: Wheat</i>	Flapjack <i>Allergen: Oats</i>	Dried fruit <i>Allergen: Sulphites</i>	Fruit Yogurt <i>Allergen: Cows milk</i>	Dried fruit <i>Allergen: Sulphites</i>



## Week One

<b>Breakfast:</b> Choose from: Weetabix, Rice Krispies, Ready Brek, Shreddies, Cheerios, Dried Fruit, Toast, Fruit Toast, Fruit & Yogurt					
<i>Allergen Information: Wheat, barley, wholewheat, oats, sulphites, milk, soya</i>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Rice cake and pear  <i>Allergen: Wheat</i>	Toasted muffins & blueberries  <i>Allergen: Wheat, milk</i>	Crumpets  <i>Allergen: Wheat</i>	Fruit Loaf  <i>Allergen: Wheat</i>	Pear & Breadstick  <i>Allergen: Wheat, gluten</i>
<b>Lunch</b>	Sausages & mixed vegetables in tomato sauce with cous cous  <i>Allergen: Wheat</i>	Sweet & sour chicken with rice  <i>Allergen: Celery</i>	Cheesy haddock bake with mashed potatoes & broccoli  <i>Allergen: Fish, cows milk, buttermilk, wheat</i>	Cheesy vegetable pasta bake (wholegrain)  <i>Allergen: Cows milk, wheat, buttermilk</i>	Spaghetti Bolognese with garlic bread  <i>Allergen: Wheat</i>
<b>Dessert</b>	Dried fruit  <i>Allergen: Sulphites</i>	Flapjack  <i>Allergen: Oats</i>	Raspberries  <i>Allergen: None</i>	Jelly & Fruit cocktail  <i>Allergen:</i>	Angel Delight  <i>Allergen: Cows milk</i>
<b>PM Snack</b>	Breadsticks, cheese spread & ham  <i>Allergen: Wheat, gluten, barley, gluten, cows milk</i>	Satsumas & kiwi fruit  <i>Allergen: None</i>	Celery sticks & dip  <i>Allergen: Celery, milk, egg</i>	Savoury biscuit and apple  <i>Allergen: Wheat,</i>	Oat cake & banana  <i>Allergen: Wheat</i>
<b>Tea</b>	Wholegrain tortilla wraps, chicken, houmous, cucumber & pepper  <i>Allergen: Wheat, gluten, sesame</i>	Vegetable & Lentil soup with crusty bread  <i>Allergen: Wheat</i>	Cous cous, sweetcorn & peppers with tomatoes & cucumber sticks & dip  <i>Allergen: Fish, wheat, milk, egg</i>	Egg mayonnaise & Tuna sandwiches, tomatoes & Cucumber  <i>Allergen: Fish, wheat, gluten, egg &amp; milk</i>	Beans & Toast  <i>Allergen: Wheat</i>
<b>Dessert</b>	Biscuit  <i>Allergen: Wheat</i>	Fruit Yogurt  <i>Allergen: Cows milk</i>	Grapes  <i>Allergen:</i>	Strawberries & ice cream  <i>Allergen: Cow's Milk</i>	Melon  <i>Allergen:</i>



## Week Three

<b>Breakfast:</b> Choose from: Weetabix, Rice Krispies, Ready Brek, Shreddies, Cheerios, Dried Fruit, Toast, Fruit Toast, Fruit & Yogurt <i>Allergen Information: Wheat, barley, wholewheat, oats, sulphites, milk, soya</i>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Crackerbread, jam and apple  <i>Allergen: Wheat</i>	Pancakes  <i>Allergen: Milk, egg, wheat gluten</i>	Toasted pitta strips with cheese spread  <i>Allergen: Wheat, soya (factory), cows milk</i>	Crumpets  <i>Allergen: Wheat</i>	Toasted fruit loaf  <i>Allergen:</i>
<b>Lunch</b>	Cauliflower & broccoli cheese bake with mashed potatoes  <i>Allergen: Cows milk, buttermilk, wheat</i>	Chilli con carne with rice  <i>Allergen: None</i>	Sausage & apple slice with boiled potatoes, carrots & gravy  <i>Allergen: Wheat,</i>	Chicken Curry. Peas and onion couscous  <i>Allergen: Wheat</i>	Fish cake, mashed potatoes & beans  <i>Allergen: Fish, wheat, buttermilk, milk</i>
<b>Dessert</b>	Blueberries  <i>Allergen:</i>	Angel Delight  <i>Allergen: Cow's milk</i>	Dried fruit  <i>Allergen: Sulphites</i>	Ice cream cones  <i>Allergen: Cows milk, wheat, oats</i>	Banana  <i>Allergen:</i>
<b>PM Snack</b>	Breadsticks with ham & cheese spread  <i>Allergen: Wheat, gluten, barley gluten, cows milk</i>	Savoury cracker and pear  <i>Allergen: Wheat</i>	Flavoured rice cakes  <i>Allergen: Sesame (factory)</i>	Satsumas and oat cakes  <i>Allergen:</i>	Mixed fruit platter  <i>Allergen:</i>
<b>Tea</b>	Wholegrain tortilla wraps, chicken, houmous, cucumber & pepper  <i>Allergen: Wheat, gluten, sesame</i>	Toasted bagels with cheese spread and ham  <i>Allergen: Wheat, dairy</i>	Pilchard, cous cous, sweetcorn with tomatoes & cucumber sticks  <i>Allergen: Fish, wheat, milk, egg</i>	Crusty bread, tuna, cheese, tomatoes and cucumber  <i>Allergen: Fish, wheat, gluten, egg &amp; milk</i>	Crackers, sausage rolls, carrot, pepper & cucumber sticks and dips  <i>Allergen: Cows milk, egg, mustard, wheat</i>
<b>Dessert</b>	Rice pudding  <i>Allergen: Cows milk</i>	Grapes  <i>Allergen:</i>	Fruit Yogurt  <i>Allergen: Cows milk</i>	Biscuit and raspberries  <i>Allergen: Wheat, gluten</i>	Jelly  <i>Allergen:</i>

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## Week Four

**Breakfast:** Choose from: Weetabix, Rice Krispies, Ready Brek, Shreddies, Cheerios, Dried Fruit, Toast, Fruit Toast, Fruit & Yogurt

Allergen Information: Wheat, barley, wholewheat, oats, sulphites, milk, soya

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Toasted fruit loaf  Allergen: wheat	Pancakes  Allergen: Milk, egg, wheat gluten	Malt loaf  Allergen: Wheat, barley, cows milk	Pear and oatcakes  Allergen: Wheat	Toasted crumpet  Allergen:
<b>Lunch</b>	Sausages, swede, broccoli with mashed potatoes and Yorkshire pudding  Allergen: Cows milk, buttermilk, wheat	Creamy garlic chicken pasta with mushrooms and peppers  Allergen: milk	Mince and potato pie, carrots & peas  Allergen: Wheat,	Fish pie with peas, green beans and mashed potatoes  Allergen: Fish, Wheat	Mixed vegetable and courgette couscous in tomato sauce With garlic bread  Allergen:
<b>Dessert</b>	Dried fruit  Allergen: Sulphites	Apple crumble and custard  Allergen: Cow's milk	Cheesecake  Allergen: milk	Ice cream and fruit cocktail  Allergen: Cows milk	Melon  Allergen:
<b>PM Snack</b>	Banana and raspberries  Allergen	Savoury cracker and jam  Allergen: Wheat	Satsumas and Ritz cracker  Allergen: wheat	Celery, breadsticks and humous  Allergen: celery, wheat	Crackers  Allergen: wheat
<b>Tea</b>	Beans & Toast  Allergen: Wheat	Tuna omelette, with diced peppers, cucumber sweetcorn  Allergen: Egg, fish	Crusty bread, tuna, ham, tomatoes and peppers  Allergen: Fish, wheat, gluten & milk	Cucumber and cheese sandwiches with tomatoes  Allergen: Fish, wheat, gluten, egg & milk	Noodles, peas, sweetcorn and ham with sweet chilli sauce  Allergen: wheat
<b>Dessert</b>	Biscuit  Allergen: Wheat	Fruit Yogurt  Allergen: Cows milk	Apple and raisins  Allergen: Cows milk	Grapes  Allergen:	Flapjack  Allergen:

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