



Weekly Menu Planner Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Selection of cereal or assorted savouries</i>				
Mid-Morning Snack	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
Lunch	Aloo gobi cauliflower with Roast carrots and Fennel with honey	Butternut squash and mushroom lasagne with kale salad	All day brunch, sausage, beans, potatoes, mushrooms eggs and fried bread	Aduki bean tagine wholemeal basmati rice, garlic bread	Roast Quorn roast potatoes, broccoli, and carrot batons Yorkshire pudding
Mid afternoon Snack	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
Tea	Vegetable burger and homemade tomato sauce	Patas bravas with homemade focaccia	French onion soup with Emmental croutons gratin	Cheese and onion pie Garden peas and white sauce	Jacket potato with baked beans
Drinks	<i>Fresh water and milk are provided throughout the day</i>				
Allergy Information	Soya	Wheat, dairy, soya	Egg, wheat, soya dairy	Dairy, celery, wheat, soya	Egg, dairy, wheat



Weekly Menu Planner Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Selection of cereal or assorted savouries</i>				
Morning Snack	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
Lunch	<i>Purple sprouting broccoli with vegetarian chorizo and potato bake</i>	<i>Vegetable pea Thai with rice noodles</i>	<i>Goats cheese spinach Filo pie roast potatoes with lemon thyme and rosemary</i>	<i>Cottage pie Garden peas Carrot mash Veggie gravy</i>	<i>Halloumi fetta and pepper pizza with sundried tomatoes, tomato and onion salad and potato wedges</i>
Mid afternoon Snack	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
Tea	<i>Stuffed jacket potatoes</i>	<i>Squash quesadillas with avocado mango chutney</i>	<i>banh mi Vietnamese egg sandwich</i>	<i>Cream of tomato soup wholemeal bread rolls</i>	<i>Macaroni cheese and baked beans</i>
Drinks	<i>Fresh water and milk are provided throughout the day</i>				
Allergy Information	Dairy Soya	Wheat, dairy, egg, soya	Wheat Dairy	Soya, wheat egg, dairy	Dairy wheat



Weekly Menu Planner Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Selection of cereal or assorted savouries</i>				
Mid-Morning Snack	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
Lunch	<i>Flageolet bean stew with chard and vegetarian dumplings</i>	<i>Macaroni cheese with roasted tomatoes</i>	<i>Creamy quorn, cheese and leek pie with mushy peas</i>	<i>Sausage roast, roast pots, cauliflower and parsnip mash garden peas and gravy</i>	<i>Chilli non carne wholemeal basmati rice handmade wholemeal garlic bread Greek yoghurt and mint</i>
Mid afternoon Snack	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
Tea	<i>Tomato salsa, bruschetta with cheddar & mozzarella</i>	<i>Spicy Sweet potatoes empanadas with homemade tomato sauce</i>	<i>Garden pea risotto</i>	<i>Tomato and basil wholemeal pasta bake with oatcakes</i>	<i>Homity pie and homemade tomato sauce</i>
Drinks	<i>Fresh water and milk are provided throughout the day</i>				
Allergy Information	Wheat, egg soya, dairy	Dairy, egg wheat	Dairy, egg, wheat, soya	Wheat, dairy, celery, soya	Soya, dairy, egg, celery, wheat



Weekly Menu Planner Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Selection of cereal or assorted savouries</i>				
Mid-Morning Snack	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
Lunch	<i>Roast vegetable fajitas and wedges</i>	<i>5 bean chilli and basmati rice</i>	<i>Garlic mushroom spaghetti carbonara</i>	<i>Winter vegetable cobbler and sweetcorn</i>	<i>Moussaka and broccoli</i>
Mid afternoon Snack	<i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i>				
Tea	<i>Homemade onion bhaji and mango chutney</i>	<i>Toasted bagel with homemade baked beans</i>	<i>Vegetable egg foo yung</i>	<i>Cheese on toast with baked beans</i>	<i>Vegetable soup with homemade wholemeal bread</i>
Drinks	<i>Fresh water and milk are provided throughout the day</i>				
Allergy Information	Wheat, dairy, soya	Wheat, egg, celery	Wheat, dairy, egg	Soya, dairy, celery, wheat	Egg, soya, dairy, wheat