



Weekly Menu Planner. Week 1.

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Breakfast.	Selection of cereal or assorted savouries with fruit.				
Mid-Morning Snack.	Seasonal organic fruit or vegetable sticks with assorted crackers and spreads.				
Lunch.	Leek and feta fritters with baked cauliflower in tomato sauce.	Baked potatoes with cheesy kale and mustard filling and homemade baked beans.	Creamy tagliatelle with veggie ham, mushrooms and garlic.	Moussaka and mixed salad. Banana and yoghurt.	Broccoli and sweetcorn flan with potatoes and minted peas. Fresh fruit salad and jelly.
Mid-Afternoon Snack.	Seasonal organic fruit or vegetable sticks with assorted crackers and spreads.				
Tea.	Houmous and seasonal vegetable mezze.	Mushroom pate on homemade wholemeal toast.	Sausage and fried onion and grilled tomato sandwiches.	Sundried tomato and red pepper orzo with rocket salad. Fresh fruit.	Selection of sandwich wraps. Fruit cake.
Drinks.	Fresh water and milk are provided throughout the day.				
Allergy Information.	Soya Dairy Mustard Sesame ,Lupin	Dairy Wheat Mustard, Sesame Lupin	Egg Dairy Mustard, Wheat Sesame, Soya, Lupin	Egg Dairy Mustard, Wheat Sesame, Soya, Lupin	Soya Dairy Wheat, Egg, Sulphur dioxide, Lupin



Weekly Menu Planner. Week 2.

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Breakfast.	Selection of cereal or assorted savouries with fruit.				
Mid-Morning Snack.	Seasonal organic fruit or vegetable sticks with assorted crackers and spreads.				
Lunch.	Sausage and caramelised onion pasta with mushrooms and rosemary.	Sweet and sour tofu, pineapple and spring greens with rice noodles.	Khachapuri and red cabbage and coriander coleslaw.	Savoury mince, potatoes and cabbage. Rice pudding.	Quorn, mushroom and cauliflower korma. Garlic bread and tomato and onion salad. Apple crumble and yoghurt
Mid-Afternoon Snack.	Seasonal organic fruit or vegetable sticks with assorted crackers and spreads.				
Tea.	Spring rolls and sweet chilli dip.	Tomato, basil and mozzarella arancine with tomato salad.	Baked beans on homemade bread.	Roasted vegetable pasta. Fresh fruit.	Summer vegetable soup and oatcakes. Fresh fruit.
Drinks.	Fresh water and milk are provided throughout the day.				
Allergy Information.	Wheat Dairy Sesame, Soya, Lupin	Soya Egg Dairy ,Wheat Sesame, Lupin	Wheat Dairy Sesame, Lupin	Soya Egg Dairy ,Wheat Sesame, Lupin	Soya Egg Dairy ,Wheat Sesame, Lupin



Weekly Menu Planner. Week 3.

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Breakfast.	Selection of cereal or assorted savouries with fruit.				
Mid-Morning Snack.	Seasonal organic fruit or vegetable sticks with assorted crackers and spreads.				
Lunch.	Mushroom and leek tart with apple salad.	Seasonal Vegetable Lasagne.	Falafel, pitta bread and hummus with salad.	Chilli non carne with homemade garlic bread and soured cream. Strawberry cake.	Halloumi, feta, pepper and sundried tomato pizza with mixed salad. Banana and yoghurt.
Mid-Afternoon Snack.	Seasonal organic fruit or vegetable sticks with assorted crackers and spreads.				
Tea.	Homemade vegetable burgers with garlic dip and homemade bread.	Stuffed potatoes with tomato sauce dip.	Cream cheese and roasted courgette sandwiches.	Country style roast potatoes in tomato sauce. Fresh fruit.	Organic wholemeal pasta with courgette and tomato sauce. Fruit scones.
Drinks.	Fresh water and milk are provided throughout the day.				
Allergy Information.	Egg Wheat Dairy Mustard Celery, Lupin	Soya Wheat Sesame, Lupin	Soya Egg Dairy ,Wheat Sesame, Lupin	Soya Dairy ,Wheat Lupin	Soya, Egg, Dairy Wheat, Lupin



Weekly Menu Planner. Week 4.

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Breakfast.	Selection of cereal or assorted savouries with fruit.				
Mid-Morning Snack.	Seasonal organic fruit or vegetable sticks with assorted crackers and spreads.				
Lunch.	Kolokithopita with roast potatoes, tzatziki and creamy peas.	Mushroom and lentil Bolognese with rocket and parmesan.	Puff pastry pasties with buttered green vegetables.	Roast quorn, roast potatoes, broccoli and carrots. Rice pudding.	Wholemeal organic pasta with sausage and peperonata sauce and garlic bread. Raspberry jelly.
Mid-Afternoon Snack.	Seasonal organic fruit or vegetable sticks with assorted crackers and spreads.				
Tea.	Halloumi kebabs with salad and sweet chilli dip.	Thai red veg fritters with coriander and yoghurt dip.	Warm roasted vegetable pasta salad.	Tomato and basil soup with homemade bread. Sultana and ginger cake.	Jacket potatoes filled with cheese and sweetcorn. Fresh fruit.
Drinks.	Fresh water and milk are provided throughout the day.				
Allergy Information.	Soya, Egg, Dairy Wheat, Lupin, Mustard, Sulphur dioxide	Soya, Egg, Dairy Wheat, Lupin, Mustard, Sulphur dioxide	Soya, Egg, Dairy Wheat, Lupin, Mustard, Sulphur dioxide	Soya, Egg, Dairy Wheat, Lupin, Sulphur dioxide	Egg, Dairy Wheat, Lupin, Sulphur dioxide