

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of Weetabix, wholemeal shreddie, wholemeal toast with dairy free spread, plain yogurt and fruit (gluten, milk, soya,) Drinks a choice of water, milk or oat milk (milk)				
Snack	Fruit platter with oat cakes gluten	Vegetables with bread sticks gluten	Fruit platter with rice cakes	Fruit platter with cream crackers gluten	Vegetables with corncakes (sesame/soya)
Lunch Main	Macaroni and cauliflower cheese gratin (milk/cheese alternative) with carrots and peas Milk, gluten	Cottage pie (quorn pie) with mixed beans celery	Fishfingers (vegetable fingers) with new potatoes, carrots and broccoli Fish, gluten	Chicken korma with rice (cauliflower Korma) Gluten, celery, dairy	Creamy tomato risotto (without parmesan topping) with cauliflower Dairy, gluten
Pudding	Fresh fruit juice Jelly S/F	Raspberry puree and yogurt (coconut yogurt) S/F Milk	Summer Fruit crumble and cream (soya ice cream) Milk, gluten, soya	Banana custard (oat milk custard) Milk S/F	Fruit salad S/F
Mid-afternoon drinks water, milk or oat milk (milk)					
Tea Main	Vegetable soup with French bread Gluten, celery	Cream cheese and marmite crumpets with cucumber sticks Milk, Gluten, celery,	Sundried tomato and herb Focaccia with cheese (vegan cheese) and veg selection Gluten, celery, dairy	Cheese on toast gluten milk	Whole meal toast and mackerel pate (mashed avocado) with corn on the cob Gluten, fish, milk
Pudding	Date and banana flapjack Gluten S/F	Malt loaf Gluten	Fresh fruit salad S/F	Mini carrot Fairy Cakes Gluten, eggs, milk	Blueberries and natural yogurt (soya yogurt) Milk

Vegan options are in blue. Allergens are in **red** (s/f) means free from refined sugar

Babies under 1 year will be given fruit instead of cake / puddings

We aim to be a nut free environment, although some ingredients are produced in factories with nuts.