

WEEK ONE

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Milk, Cereal & Toast.

Allergens: Milk & gluten

Milk, Cereal & Toast.

Allergens: Milk & gluten

Milk, Cereal & Toast.

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Milk, Cereal & Toast.

Allergens: Milk & gluten

Milk, Cereal & Toast.

Allergens: Milk & gluten

Dinner

Spaghetti bolognaise

Garlic bread

Allergens: Milk & gluten**Vegetarian**

Quorn bolognaise with brown pasta.

Garlic bread

Allergens: Soya & egg**Dessert**

Apple muffins

Allergens: Egg & milk

Seasonal fruit and yoghurt

Main course

Tuna & cheese potato pie

Mixed vegetables

Allergens: Fish & milk**Vegetarian**

Cheese & potato pie

Mixed veg

Allergens: Milk**Dessert**

Fruit & cream

Allergens: Milk**Main course**

Sausage Yorkshire, mash

Green beans

Allergens: None**Vegetarian**

Vegetarian sausage & mixed bean hotpot

Green beans

Allergens: None**Dessert**

Muesli bites

Allergens: Gluten

Seasonal fruit and yoghurt

Main course

Chicken & mushroom pie

Sweet potato mash

Peas

Allergens: Gluten & milk**Vegetarian**

Quorn chicken / vegetable pie, sweet potato

mash Peas

Allergens: Egg & milk**Dessert**

Cinnamon fruit sponge

Allergens: Gluten

Seasonal fruit and yoghurt

Main course

Aloo Gobi curry

Cauliflower

Poppadoms

Allergens: Gluten & mustard**Dessert**

Rice pudding with dried fruit

Allergens: Milk

Seasonal fruit and yoghurt

Pudding

12weeks -2
years

Tea

Assortment of rolls with carrot batons

Allergens: Gluten & milk

Cheese & biscuits with pineapple

Allergens: Gluten & milk

Cream cheese bagels and cucumber

Allergens: Gluten & milk

Beans on toast

Allergens: Gluten

Mackerel pate crackers & fruit

Allergens: Fish & gluten

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten
Dinner	Main course Tuna pasta bake Seasonal vegetable Allergens: Fish, milk & gluten Vegetarian Vegetable pasta bake Allergens: Gluten	Main course Minted lamb hotpot Mixed vegetables and dumplings Allergens: Milk Vegetarian Quorn mince / vegetable hotpot Allergens: Egg & milk	Main course Roast turkey dinner with new potatoes, stuffing, seasonal vegetables Allergens: Milk, gluten Vegetarian Quorn chicken / Vegetarian sausage with new potatoes, stuffing, sprouts & carrots Allergens: Milk, gluten & egg Dessert Apricot squares Allergens: Gluten Seasonal fruit and yoghurt	Main course Cottage pie with carrot & swede mash Green beans Allergens: Milk Vegetarian Lentil cottage pie with carrot & swede mash & green beans Allergens: Milk Dessert Lemon & yoghurt loaf Allergens: Egg, gluten & milk Seasonal fruit and yoghurt	Main course Sweet & Sour chicken Noodles Prawn crackers. Allergens: Gluten & egg Vegetarian Sweet & Sour Quorn chicken with noodles & prawn crackers. Allergens: Gluten & egg Dessert Fruit trifle Allergens: Egg & milk Seasonal fruit and yoghurt
Pudding 12weeks -2 years	Dessert Peaches & cream Allergens: Milk Seasonal fruit and yoghurt	Dessert Fruit crunch Allergens: Milk & gluten	Dessert Apricot squares Allergens: Gluten Seasonal fruit and yoghurt	Dessert Lemon & yoghurt loaf Allergens: Egg, gluten & milk Seasonal fruit and yoghurt	Dessert Fruit trifle Allergens: Egg & milk Seasonal fruit and yoghurt
Tea	Assortment of rolls with carrot batons Allergens: Gluten & milk	Cheese & biscuits with pineapple Allergens: Gluten & milk	Cream cheese bagels and cucumber Allergens: Gluten & milk	Beans on toast Allergens: Gluten	Mackerel pate crackers & fruit Allergens: Fish & gluten

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten
Dinner	Main course Ham & mushroom tagliatelle & garlic bread Allergens Milk, gluten Vegetarian Vegetable tagliatelle & garlic bread Allergens Milk & gluten	Main course Chicken, chickpea & vegetable risotto with vegetables on the side Allergens None Vegetarian Vegetable risotto Allergens None	Main course Vegetable curry rice & naan bread Allergens Gluten & mustard Dessert Jo's homemade fruit flapjacks Allergens Gluten	Main course Cod pie topped with sweet potato mash & broccoli Allergens Fish & milk Vegetarian Cheese & potato pie topped with sweet potato & broccoli Allergens Milk	Main course Beef stew & dumplings new potatoes & green beans Allergens Gluten Vegetarian Lentil & bean stew with new potatoes & green beans Allergens None
Pudding 12weeks -2 years	Dessert Fromage frais & fruit Allergens Milk	Dessert Apple crumble & cream Allergens Gluten & milk Stewed fruit and cream	Seasonal fruit and yoghurt	Dessert Homemade banana bread & custard Allergens Gluten, egg & milk Banana and custard	Dessert Fruit salad Allergens None
Tea	A variety of snacks, dips & vegetable sticks Allergens Milk & gluten	Macaroni cheese & cherry tomatoes Allergens Gluten & milk	Tuna & sweetcorn pitta bread & fruit Allergens Fish, egg & gluten	Homemade vegetable soup & crusty bread Allergens Gluten	Turkey sandwiches & cucumber Allergens Gluten

Week four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten	Milk, Cereal & Toast. Allergens: Milk & gluten
Dinner	Main course Jacket potato with a variety of fillings Allergens Fish & milk	Main course Beef lasagne, potatoes & sweetcorn Allergens Gluten, egg & milk Vegetarian Lentil or Quorn mince lasagne with potatoes and salad Allergens Soya, egg gluten & milk Dessert Homemade fruit cheesecake & cream Allergens Gluten & milk Seasonal fruit and yoghurt	Main course Hidden vegetable pasta bake & garlic bread Allergens Gluten Dessert Homemade fruit scones Allergens Gluten, milk & egg Seasonal fruit and yoghurt	Main course Homemade salmon fishcakes, parsley sauce & new potatoes and peas Allergens Fish, gluten, eggs & milk Vegetarian Vegetable bake, parsley sauce & new potatoes and peas Allergens Gluten & eggs Dessert Homemade carrot cake Allergens Gluten & egg Seasonal fruit and yoghurt	Main course Chicken enchiladas & rice Allergens Gluten Vegetarian Quorn chicken enchiladas & rice Allergens Soya, egg & gluten Dessert Cranberry muffins Allergens Milk Stewed fruit and custard
Pudding 12weeks -2 years	Dessert Fruit salad Allergens None				
Tea	A variety of snacks, dips & vegetable sticks Allergens Milk & gluten	Macaroni cheese & cherry tomatoes Allergens Gluten & milk	Tuna & sweetcorn pitta bread & fruit Allergens Fish, egg & gluten	Homemade vegetable soup & crusty bread Allergens Gluten	Turkey sandwiches & cucumber Allergens Gluten