

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (GW), Cornflakes (GW), Rice Krispies (GW), Cheerios (GW) and Shreddies (GW)				
Bread	Wholemeal Toast (GW) (SOY), bagels (GW) (D), crumpets (GW) (D), and English muffins (GW) (D)				
Spreads	Jam, honey, dairy free spread and butter (D)				
Fruit	Assorted fruit				
Drink	Water, milk (D), orange juice and apple juice				

Lunch

Week 1				
Monday	Tuesday	Wednesday	Thursday*	Friday
Macaroni cheese With a mixed olive, tomato and oregano salad (GW), (D)	Chicken tikka masala with brown rice	Salted beef brisket bagel (Wholemeal option if available) with southern fried wedges (GW)	Shepherds pie and gravy	Deep fried battered cod or salmon fishcake (FISH) (GW)
Vegetarian Option				
Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni cheese topped with a mixed olive, tomato and oregano salad (GW) (D)	Vegetable tikka masala with brown rice	Roasted chickpea, sundried tomato and vegan nugget bagel (Wholemeal option if available) with southern fried wedges (GW)	Vegan quorn and vegetable potato bake	Vegan sausage roll (GW)
Vegetable				
Steamed brocolli	Cauliflower and green beans	Sliced iceberg, cucumber and gherkin	Steamed carrots	Chips, peas and tartar sauce
Desert				
Chopped melon Selection of fruit yoghurt (D)	Vegan chocolate cake (SOY) (GW) Selection of fruit yoghurt (D)	Blackberry and vanilla yoghurt (D) dairy free yoghurt Selection of fruit	Baked vanilla sponge and custard (GW) (E) (D) Selection of fruit	Fruit lolly Selection of fruit yoghurt (D)

Bread to be served daily

Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday
Main / Vegetable Dish	Pitta bread (GW) with houmous (S) sliced cheese (D)	Tomato pasta ragu served with grated cheese (GW), (D)	Chicken/vegetable balti served with pilau rice	Slow cooked pulled beef / chickpea and vegan nugget wrap (GW)	Minced potato bake/ quorn vegetable potato bake
Vegetable	Pepper and cucumber	Broccoli	Bean and cauliflower	Baked wedges	Steamed carrots
Dessert	Fresh fruit	Yoghurt (D)	Fresh fruit	Yoghurt (D)	Fresh fruit

(GW) - GLUTEN WHEAT (GS) - GLUTEN SEMOLINA (D) - DAIRY (E) - EGG (SOY) - SOY (FISH) - FISH
(S) - SESAME (SUL) - SULPHATES

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (GW), Cornflakes (GW), Rice Krispies (GW), Cheerios (GW) and Shreddies (GW)				
Bread	Wholemeal Toast (GW) (SOY), bagels (GW) (D), crumpets (GW) (D), and English muffins (GW) (D)				
Spreads	Jam, honey, dairy free spread and butter (D)				
Fruit	Assorted fruit				
Drink	Water, milk (D), orange juice and apple juice				

Lunch

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Pepper, cheese and Vegan pepperoni pizza served with curly fries (GW, D)	Beef bangers and mash with gravy (SOY, SUL)	Cajun style chicken wrap with red coleslaw and sweet chilli sweetcorn (GW)	Minced beef lasagne roasted garlic and paprika new potatoes (GW, D)	Southern fried breaded chicken served with a smoky BBQ sauce (GW, E)
Vegetarian Option				
Monday	Tuesday	Wednesday	Thursday	Friday
Pepper, Vegan cheese and vegan pepperoni pizza served with curly fries (GW)	Vegetarian bangers and mash with gravy (SOY, SUL)	Cajun style lentil and cauliflower wrap, grated vegan cheese with red coleslaw and sweet chilli sweetcorn (GW)	Vegetable and lentil lasagne roasted garlic and paprika new potatoes (GW, D)	Southern fried quorn vegan nugget served with a smoky BBQ sauce (GW)
Vegetable				
Steamed sweetcorn	Broccoli	Lemon and herb bulghar wheat (GW)	Steamed cauliflower and roasted pepper	Chips, baked beans
Desert				
Fresh fruit salad Selection of fruit yoghurt (D)	Shortbread biscuit (GW) Selection of fruit yoghurt (D)	Apple and cinnamon crumble served with custard (GW, D) Selection of fruit	Fruit yoghurt (D) Selection of fruit	Ice cream (D) Selection of fruit

Bread to be served daily

Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday
Main / Vegetable Dish	Pitta bread (GW) with houmous (S) sliced cheese (D)	Baked pepper and qourn foccacia (GW, D)	Slow cooked sausage cassoulet served with creamy potato (SOY, SUL)	Mexican style chicken/mexican lentil and cauliflower with a herb cracked wheat (GW)	Baked mince beef/vegetable lentil gratin (GW, D)
Vegetable	Peppers and cucumber	Cucumber and olive salad	Broccoli	Sweet chilli corn	Baked new potato and cauliflower
Dessert	Fresh fruit	Yoghurt (D)	Fresh fruit	Yoghurt (D)	Fresh fruit

(GW) - GLUTEN WHEAT

(GS) - GLUTEN SEMOLINA

(D) - DAIRY

(E) - EGG

(SOY) - SOY

(FISH) - FISH

(S) - SESAME

SUL

-SULPHATES