Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	selection of: eggs, toast, porridge, selection of cereal	selection of: eggs, toast, porridge, selection of cereal	selection of: eggs, toast, porridge, selection of cereal	selection of: eggs, toast, porridge, selection of cereal	selection of: eggs, toast, porridge, selection of cereal
Allergens:	***egg, wheat, oat, barley***	***egg, wheat, oat, barley***	***egg, wheat, oat, barley***	***egg, wheat, oat, barley***	***egg, wheat, oat, barley***
Snack	breadstick, cucumber sticks	oat cakes, sliced apple	rice cake with cream cheese and berries	oat cakes with bananas	cheddar cheese & crackers, berries
Allergens:	***wheat, barley***	***oatmeal***	***milk***	***oatmeal***	***milk, wheat***
Lunch	chicken and vegetable creamy coconut curry with brown rice. carrot sticks and apple slices	chicken bolognaise. banana and apple slices	chicken nuggets served with potato wedges, peas and sweetcorn	veg and bean cottagee pie with hidden veggies. carrot sticks and apple slices	picnic -variety of sandwiches and fruits
Allergens:	***wheat***				
Vegetarian Option	vegetable fingers with potato wedges, peas and sweetcorn	lentils instead of chicken mince	sweet potato and lentils instead of chicken		
Allergens:					
Dinner	pita pizzas with a choice of toppings, apple slices and carrot sticks	beef chilli with rice (mild chilli). cucumber sticks, peach slices	pork ragu with brown rice. banana and apple slices, pear quarter	fresh pasta with - spinach & ricotta fresh tortelloni, cucumber and carrot sticks	veg and bean cottagee pie with hidden veggies. cucumber sticks and apple slices
Allergens:	***wheat, milk***			***wheat, egg, milk***	
Vegetarian Option	free from cheese option	lentils instead of beef		free from fresh pasta	
Allergens:					