

















| Week 1          |   |   |   |   |   |
|-----------------|---|---|---|---|---|
| Day             | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
| Breakfast       | cornflakes with milk & raisins<br>   | porridge & raspberries<br>   | wholemeal toast, hardboiled egg & apricots<br>                                   | malt wheaties & kiwi fruit<br>   | weetabix with milk & pear<br>  |
| Morning Snack   | fruit & vegetables  | fruit & vegetables  | fruit & vegetables  | fruit & vegetables  | fruit & vegetables  |
| Lunch           | macaroni cheese pasta bake<br>broccoli & cauliflower<br><br>lemon cake<br> | veggie sausages,<br>creamy mash, peas & carrots<br><br>bananas & custard<br> | spaghetti bolognese<br>with hidden veggies<br><br>pineapple upside down cake<br> | creamy chicken and leek<br>hotpot served with broccoli<br><br>homemade granola, fruit & yogurt<br> | fish pie with sweet potato<br>topping served with<br>sweetcorn and peas*<br><br>Creamy apricot dessert<br> |
| Afternoon Snack | fruit & vegetables  | fruit & vegetables  | fruit & vegetables  | fruit & vegetables  | fruit & vegetables  |
| Tea             | ham bagels &<br>cucumber sticks<br><br>orange jelly<br>                  | tuna mayo sandwiches &<br>cherry tomatoes<br><br>melon & satsuma<br>       | jacket potato.<br>cheese & beans & salad<br><br>fromage fraise<br>             | vegetable couscous &<br>pepper sticks<br><br>lemon cake<br>                                      | cheese crackers,<br>vegetable sticks & houmous<br><br>banana<br>   |

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| Celery  | Cereals/<br>Gluten  | Crusta-<br>ceans  | Eggs  | Fish  | Lupin   | Milk  | Molluscs  | Mustard   | Nuts  | Peanuts   | Sesame<br>Seeds   | Soya<br>Beans   | Sulphur<br>Dioxide  |

Milk  is served during snacks time. Water is served at mealtimes and throughout the day