WEEKLY MENU

WEEK 1

DAYS/ MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (8-9am) 	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix
Allergens:	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk
Lunch (11.30am) 	**Main:** Jacket potatoes cheese & beans Salad: cucumber, carrots, peppers, tomatoes Fruit/yoghurt plain & flavoured (vegan)	**Main:** Sweet potato fries, fish fingers & peas Salad: cucumber, sweetcorn, peppers, tomatoes Fruit/yoghurt plain & flavoured (vegan)	**Main:** Pasta, vegetables & garlic bread Salad: cucumber, carrots, peppers, tomatoes Fruit/yoghurt plain & flavoured (vegan)	**Main:** Mix vegetable rice Vegan sausages Salad: cucumber, Sweetcorn, tomatoes Fruit/yoghurt plain & flavoured (vegan)	Macaroni cheese with sweetcorn Salad: cucumber, Sweetcorn, tomatoes Fruit/yoghurt Plain & flavoured (vegan)
Allergens:	Milk	Gluten, Fish	Gluten, Milk	Gluten, Soya	Gluten, Milk
TEA (3pm) 	Jam sandwiches Fruit/yoghurt/milk	Crackers & cheese spread Fruit/yoghurt/milk	Buttered crumpets Fruit/yoghurt/milk	Toasted teacakes Fruit/yoghurt/milk	Breadsticks with dips Fruit/yoghurt/milk
Allergens:	Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk, Eggs	Gluten, Milk, Soya