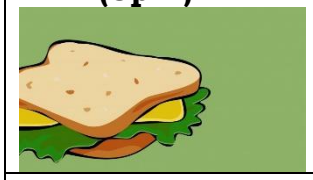
WEEKLY MENU

WEEK 3

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:** Quorn Mince, vegetables & noodles Salad: cucumber, sweetcorn, peppers, tomatoes Fruit/yoghurt plain & flavoured (vegan)	**Main:** Macaroni cheese & vegetables Salad: cucumber, carrots, peppers, tomatoes Fruit/yoghurt plain & flavoured (vegan)	**Main:** Vegan sausages, mash & gravy Salad: cucumber, peppers, tomatoes Fruit/yoghurt plain &flavoured (vegan)	**Main:** Fish pie with gravy Salad: cucumber, sweetcorn, tomatoes Fruit/yoghurt Plain & flavoured (vegan)	**Main** Mash potatoes, vegetarian nuggets, spaghetti hoops Salad: cucumber, sweetcorn, tomatoes Fruit/yoghurt plain & flavoured (vegan)
Allergens:	Gluten, Eggs, Milk	Gluten, Milk	Gluten, Soya	Gluten, Fish, Milk	Gluten, Soya, Eggs
TEA (3pm) 	Cream cheese & crackers Fruit/ yoghurt/milk	Honey sandwiches Fruit/yoghurt/milk	Pitta bread with tuna /cheese Fruit/yoghurt/milk	Toasted teacakes Fruit/yoghurt/milk	Cheese sandwiches Fruit/yoghurt/milk
Allergens:	Gluten, Milk	Gluten	Gluten, Fish, Milk	Gluten, Milk, Eggs	Gluten, Milk