WEEKLY MENU

WEEK 4

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:** Vegetable rice with garlic bread Salad: cucumber, peppers, tomatoes Fruit/yogurt plain & flavoured (vegan)	**Main:** Spaghetti pasta & vegetable bolognese Salad: cucumber, sweetcorn, peppers, tomatoes Fruit/yogurt plain & flavoured (vegan)	**Main:** Cod fish cakes & chips Salad: cucumber, carrots, peppers, tomatoes Fruit/yogurt plain & flavoured (vegan)	**Main:** Vegetable shepherd's pie with gravy Salad: cucumber, sweetcorn, tomatoes Fruit/yoghurt plain & flavoured	**Main:** Vegetable pasta & fish fingers Salad: cucumber, sweetcorn, tomatoes Fruit/yogurt plain & flavoured (vegan)
Allergens:	Gluten, Milk	Gluten, Celery	Gluten, Fish, Eggs	Gluten, Milk	Gluten, Fish
TEA (3pm) 	Potatoes wedges & dips Fruit/milk/ yoghurt	Beans on toast Fruit/milk/yoghurt	Tomato soup & crackers Fruit/milk/yoghurt	Wholemeal wrap with grated cheese & carrots Fruit/yoghurt	Cucumber sandwiches & raisins Fruit/milk/yogurt
Allergens:	Milk, Soya	Gluten, Milk	Gluten, Milk, Celery	Gluten, Milk	Gluten, Milk