

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>
Morning Snack	Milk/ Water Variety of Fruit/ Yoghurt <small>Diary</small>	Milk/ Water Variety of Fruit/ Yoghurt <small>Diary</small>	Milk/Water Variety of Fruit/ Yoghurt <small>Dairy</small>	Milk/Water Variety of Fruit/ Yoghurt <small>Dairy</small>	Milk/Water Variety of Fruit/ Yoghurt <small>Diary</small>
Dinner	Water Mild chicken curry with boiled rice <small>Nuts, Diary, Eggs</small>	Water Beef Lasagne <small>Gluten, Wheat, Diary</small>	Water Cod, mash potatoes & beans <small>Fish, Gluten, Wheat</small>	Water Spaghetti Bolognese <small>Gluten, Wheat</small>	Water Tuna Pasta Bake <small>Fish, Gluten, Wheat</small>
Afternoon Snack	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>
Tea	Water Wholemeal Brown bread with ham <small>Gluten,Wheat,Diary</small>	Water Scrambled egg & Toast <small>Gluten, Wheat, Egg</small>	Water Pancakes & Strawberries <small>Gluten,Wheat,Egg</small>	Water Garlic Bread <small>Gluten,Wheat,Diary</small>	Water Toasted Chicken & Cheese Wrap <small>Wheat, Gluten,Diary</small>

All allergens are marked in red

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>
Morning Snack	Milk/ Water Variety of Fruit/ Yoghurt <small>Diary</small>	Milk/ Water Variety of Fruit/ Yoghurt <small>Diary</small>	Milk/Water Variety of Fruit/ Yoghurt <small>Dairy</small>	Milk/Water Variety of Fruit/ Yoghurt <small>Dairy</small>	Milk/Water Variety of Fruit/ Yoghurt <small>Diary</small>
Dinner	Water Bangers & Mash <small>Gluten, Mustard, Celery</small>	Water Bacon, Turnip & Mash <small>Gluten, Wheat, Diary</small>	Water Chicken Casserole <small>Mustard, Dairy, Celery</small>	Water Vegetable Pasta Bake <small>Gluten, Wheat</small>	Water Cheesy chicken broccoli With pasta <small>Gluten, Wheat, Diary</small>
Afternoon Snack	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>
Tea	Water Grilled Chicken in tomato sauce <small>Gluten, Wheat</small>	Water Homemade Pizza <small>Gluten, Wheat</small>	Water Pitta Bread with filling <small>Gluten, Wheat</small>	Water Oven baked wedges and beans <small>Gluten, Wheat</small>	Water Omelette <small>Egg</small>

All allergens are marked in red

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>	Milk/ Water Breakfast Cereal & Toast <small>Gluten/Wheat/Diary</small>
Morning Snack	Milk/ Water Variety of Fruit/ Yoghurt <small>Diary</small>	Milk/ Water Variety of Fruit/ Yoghurt <small>Diary</small>	Milk/Water Variety of Fruit/ Yoghurt <small>Dairy</small>	Milk/Water Variety of Fruit/ Yoghurt <small>Dairy</small>	Milk/Water Variety of Fruit/ Yoghurt <small>Diary</small>
Dinner	Water Fish Pie with white sauce <small>Diary, Gluten, Fish</small>	Water Homemade beef burger with Mash <small>Diary, Gluten, Wheat</small>	Water Meatballs in tomato sauce with Pasta <small>Gluten, Wheat</small>	Water Shepherd's Pie with broccoli <small>Gluten, Wheat, Dairy</small>	Water Chicken noddle Stir Fry <small>Wheat, Gluten</small>
Afternoon Snack	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>	Water Variety of Fruit/Bread sticks/Brioche <small>Gluten, Wheat</small>
Tea	Water Pesto Pasta <small>Gluten, Wheat</small>	Water Waffles and Beans <small>Gluten, Wheat</small>	Water Homemade Sausages Rolls <small>Gluten, Wheat, Mustard</small>	Water Cheese Toastie <small>Gluten, Wheat, Dairy</small>	Water Baked beans and wholemeal Toast <small>Gluten, Wheat</small>

All allergens are marked in red