
















Food Menu

Week One


















	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Croissants Choice of cereals</p> 	<p>Pancakes Choice of cereals</p> 	<p>Bagels Choice of cereals</p> 	<p>Toast Choice of cereals</p> 	<p>Crumpets Choice of cereals</p> 
LUNCH	<p>Macaroni cheese with cauliflower, peas and sweetcorn Fruit Salad</p> 	<p>Shepherds pie / Quorn with potato and sweet potato mash Oaty fruit sundae</p> 	<p>Pasta primavera with lentils and garlic bread Blueberry sponge</p> 	<p>Mild chicken /vegan quorn vegetable madras with turmeric rice and veg Natural yoghurt with fruit compote</p> 	<p>Fish/tofu creole with quinoa and cous cous Banana fritters</p> 
TEA	<p>Chicken goujons / Vegetable fingers & dips Apple muffins</p> 	<p>Soup of the week with homemade bread Fruit medley</p> 	<p>Pizza crumpet Fruit smoothie</p> 	<p>Cheese and spring onion quesadilla Ginger cookies</p> 	<p>Vegetarian / Chicken hot dogs with homemade relish Fruit yoghurt</p> 

Food Menu

Week Two





























	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Crumpets Choice of cereals</p> 	<p>Croissants Choice of cereals</p> 	<p>Pancakes Choice of cereals</p> 	<p>Bagels Choice of cereals</p> 	<p>Toast Choice of cereals</p> 
LUNCH	<p>Mediterranean Fusilli with tomato and lentil Apple and date loaf</p> 	<p>Moroccan lamb/ Quorn tagine with fruity couscous Poached pears with blackberry compote</p> 	<p>Ocean fish pie/ veg option Tropical non-dairy rice pudding</p> 	<p>Ratatouille with bread rolls Grapes and Cheese Cubes</p> 	<p>Turkey/Quorn paella Courgette and lime cake</p> 
TEA	<p>Mixed bean fajitas Melon medley</p> 	<p>Bagels with cream cheese and cucumber Fruit yoghurt</p> 	<p>Houmous with naan bread and vegetable crudites Banana smoothie</p> 	<p>Chicken/bean sweet potato hash Raspberry Shortbread</p> 	<p>Homemade spaghetti on wholemeal toast Vanilla Panacotta</p> 

Food Menu

Week Three


















	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Toast Choice of cereals  	Crumpets Choice of cereals  	Croissants Choice of cereals  	Pancakes Choice of cereals  	Bagels Choice of cereals  
LUNCH	Sweet potato spinach and lentil curry with coriander rice Mango panacotta 	Spaghetti/ Lentil bolognaise Chocolate and Beetroot cake 	Chicken/quorn casserole with cous cous Apple crumble and custard  	Irish stew Bread and butter pudding with sultanas   	Tuna/veg pasta bake Fruit medley  
TEA	Savoury cheese scones Fresh fruit platter  	Mixed bean and tomato on wholemeal toast Cranberry cookies 	Rainbow vegetable rice Orange and apple segments	Chicken/Quorn tortilla wraps Fruit tea cake  	Turkey/Vegetarian sausage rolls Fruit yoghurt  

Food Menu

Week Four



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Bagels Choice of cereals</p> 	<p>Toast Choice of cereals</p> 	<p>Crumpets Choice of cereals</p> 	<p>Croissants Choice of cereals</p> 	<p>Pancakes Choice of cereals</p> 
LUNCH	<p>Vegetable biryani, cucumber raita Fresh Fruit</p> 	<p>Cottage/bean pie with steamed peas, cauliflower, carrots Coconut cake</p> 	<p>Salmon// quorn and pea pasta Oaty bites</p> 	<p>Chilli con carne/Quorn and cous cous Banana bread</p> 	<p>Chicken/vegetable burgers with potato wedges and salad Date roll</p> 
TEA	<p>Pizzas Fruit Smoothie</p> 	<p>Houmous, falafel, pitta bread, salad Fruit</p> 	<p>Rice salad Raspberry fool</p> 	<p>Herby Broccoli and sweet potato Baked Custard</p> 	<p>Vegetable and potato frittata/Daal Frittata Fairy cakes</p> 

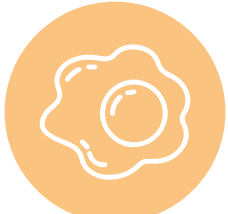
Allergy Guide



Celery



Gluten



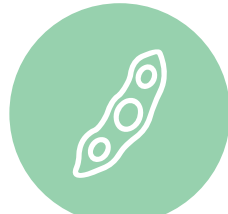
Eggs



Peanuts



Sulphites



Soya



Fish



Dairy