



## Week 1 – Menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Toast & Cereal <i>Allergens – Wheat, Dairy, Barley</i>	Toast & Cereal <i>Allergens – Wheat, Dairy, Barley</i>	Toast & Cereal <i>Allergens – Wheat, Dairy, Barley</i>	Toast & Cereal <i>Allergens – Wheat, Dairy, Barley</i>	Toast & Cereal <i>Allergens – Wheat, Dairy, Barley</i>
<b>Snack</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>Lunch</b>	<p><b>Spaghetti Bolognese –</b> includes – Mince, Tinned Tomatoes, Garlic, Onions, Peppers, Mushrooms, Mixed Herbs, Passata, Spaghetti</p> <p><b>Served with –</b> Peas, sweetcorn &amp; French Bread</p> <p style="text-align: center;"><i>Allergens – Wheat</i></p>	<p><b>Sweet &amp; Sour Chicken</b> includes - Onions, Chicken, Mushrooms, Carrots, Green Beans, Sweetcorn, Potatoes, Broccoli, Pepper</p> <p><b>Served with –</b> Pak Choi &amp; Rice</p> <p style="text-align: center;"><i>Allergens</i></p>	<p><b>Salmon Fish Cakes</b> Includes – Salmon, potatoes, lemon, spring onions, egg, breadcrumbs, peas</p> <p><b>Served with –</b> Sweet Potato &amp; Potato Wedges, Beetroot &amp; Sweetcorn</p> <p style="text-align: center;"><i>Allergens – Fish, Wheat. Egg, Dairy</i></p>	<p><b>Beef Cobbler,</b> Includes – Minced Beef, Onions, Peppers, Mixed Herbs, Tinned Tomatoes, Gravy, Flour, Spread, Milk</p> <p><b>Served with –</b> Mashed Potatoes, Broccoli &amp; Green Beans</p> <p style="text-align: center;"><i>Allergens – Dairy, Wheat</i></p>	<p><b>Vegetable Stew &amp; Cheese Dumplings</b> Includes –cheese, onions, flour, suet, carrots, parsnips, swede, beans, potatoes, pearl barley</p> <p><b>Served with –</b> Cabbage</p> <p style="text-align: center;"><i>Allergens – Dairy, Wheat</i></p>
<b>Dessert</b>	Rice Pudding <i>Allergens - Dairy</i>	Mixed Berry Crumble & Custard <i>Allergens – Dairy, Wheat</i>	Apple Cake & Yogurt <i>Allergens –Dairy, Wheat, Eggs</i>	Peaches & Jelly <i>Allergens –</i>	Lemon Cake <i>Allergens – Wheat, Eggs</i>
<b>Snack</b>	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks
<b>Tea</b>	<p><b>Spaghetti on Toast</b></p> <p style="text-align: center;"><i>Allergens – Wheat</i></p>	<p><b>Sandwiches –</b> Selection of 3 Egg Mayo, Tuna Mayo, Cream Cheese &amp; Cucumber, Chicken</p> <p><b>Served with –</b> Crisps &amp; Veg Sticks</p> <p style="text-align: center;"><i>Allergens – Tuna, Wheat, Egg, Dairy</i></p>	<p><b>Tomato Pasta Bake</b> Includes - Pasta, onions, pepper, passata, tomatoes, cheese</p> <p><b>Served with –</b> French Bread</p> <p style="text-align: center;"><i>Allergens –Wheat, Dairy</i></p>	<p><b>Pizza Baguette</b> Includes – cheese and tomato or ham, cheese and tomato</p> <p style="text-align: center;"><i>Allergens –Wheat, Dairy</i></p>	<p><b>Cheese &amp; Ham Potato Pie</b> Includes -Cheese, Ham, Onions, Potatoes, Tomatoes</p> <p><b>Served with –</b> Baked Beans</p> <p style="text-align: center;"><i>Allergens – Wheat, Dairy,</i></p>
<b>Dessert</b>	Homemade Fruit Salad <i>Allergens -</i>	Raspberry Oatmeal Bar <i>Allergens – Wheat</i>	Roast Pineapple & Yogurt <i>Allergens – Dairy</i>	Banana Oatmeal Pancakes <i>Allergens – Wheat, Eggs, Dairy</i>	Yogurts <i>Allergens –Dairy</i>

**For All Children with allergies their meals will be made accordingly**

Fruit or Yogurt can be substituted for puddings on the Menu, please speak to a Room Leader if you would prefer you child to have this