

WEEK 1	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON	INGREDIENTS
									SNACK	
MONDAY	WEETABIX MILK	wheat/sugar	FRUIT MILK/WATER	milk	CRUNCHY VEG GRATIN	potatoes/vegetables cooking apple/margarine plain flour/milk/cheese	MIXED FRUIT CUSTARD	mixed fruit/milk custard powder	LEMON SPONGE CAKES	lemon/flour/eggs sugar/marg
		<i>allergens:</i> milk/wheat		<i>allergens:</i> milk/soya		white breadcrumbs/mustard <i>allergens:</i> milk/mustard/wheat		<i>allergens:</i> milk	SEASONAL FRUIT MILK TO DRINK	<i>allergens:</i> wheat/milk/eggs
TUESDAY	WEETABIX alternative PORRIDGE MILK	wheat/sugar	FRUIT MILK/WATER	milk	SHEPHERDS PIE NON MEAT VEGETABLE PIE	potatoes/margarine/milk water/onions/celery red pepper/marmite/lamb mince/cornflour/cheese	GINGERBREAD CUSTARD SEASONAL FRUIT	ginger/flour/milk eggs/sugar/custard powder	MARMITE SANDWICHES CHEESE SLICES	marmite/marg wholemeal bread cheese
		<i>allergens:</i> milk/wheat		<i>allergens:</i> milk/soya		<i>allergens:</i> milk/celery		<i>allergens:</i> wheat/eggs/milk	MILK TO DRINK	<i>allergens:</i> wheat/milk/celery cheese
WEDNESDAY	WEETABIX MILK	wheat/sugar	FRUIT MILK/WATER	milk	FISH FINGERS BAKED BEANS MASHED POTATOES NO FISH VEGETABLE FINGERS	fish/baked beans potatoes/marg/whole milk vegetables/breadcrumbs egg/potatoes wheat/milk/eggs	RICE PUDDING SULTANAS	short grain rice/milk marg/sugar/sultanas	CARROT CAKE BUNS	carrots/flour/marg sugar/eggs
		<i>allergens:</i> milk/wheat		<i>allergens:</i> milk/soya		<i>allergens:</i>		<i>allergens:</i> milk	MILK TO DRINK	<i>allergens:</i> wheat/milk/eggs
THURSDAY	WEETABIX alternative PORRIDGE MILK	wheat/sugar	FRUIT MILK/WATER	milk	CHICK PEA CURRY BOILED RICE	onions/carrots/tomatoes tomato puree/ground turmeric curry powder/chilli powder canned chickpeas/rice	OATY FRUIT CRUMBLE CUSTARD	oats/fruit/marg sugar/milk/custard powder	BREAD CARROT STICKS APPLES	wholemeal bread/ marg/carrots/apples
		<i>allergens:</i> milk/wheat		<i>allergens:</i> milk/soya		<i>allergens:</i>		<i>allergens:</i> wheat/milk/eggs	MILK TO DRINK	<i>allergens:</i> wheat/milk
FRIDAY	WEETABIX MILK	wheat/sugar	FRUIT MILK/WATER	milk	SAUSAGE CASSEROLE BOILED POTATOES NON MEAT QUORN SAUSAGE	potatoes/pork sausages onions/red pepper/peas vegetable stock wheat/milk/soya/celery eggs	APPLE BANANA & DATE PIE	apples/banana/dates flour/marg/fruit juice diluted milk/wheat	MINI TUNA AND CHEESE PIZZAS	flour/marg/herbs cheese/tuna
		<i>allergens:</i> milk/wheat		<i>allergens:</i> milk/soya		<i>allergens:</i>		<i>allergens:</i> milk/wheat	MILK TO DRINK	<i>allergens:</i> wheat/milk

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NOTE - ONLY MILK AND WATER IS PROVIDED TO DRINK (WATER IS ACCESSIBLE THROUGHOUT THE DAY)

WEEK 2	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON SNACK	INGREDIENTS
MONDAY	WEETABIX MILK	wheat/sugar <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk	FISHERMAN'S PIE NON FISH CHEESE & VEG BAKE	cod fillets/salmon fillets cheese onions/herbs/milk/marg/flour lemon juice/ sweet potatoes <i>allergens:</i> milk/wheat/fish	SHORTBREAD SWIRLS APPLE SAUCE	flour/marg/sugar apple <i>allergens:</i> milk	CRACKERS CHEESE CHUNKS APPLES MILK TO DRINK	wheat/yeast/veg oil salt/bicarb cheese/apples <i>allergens:</i> wheat/milk
TUESDAY	WEETABIX alternative PORRIDGE MILK	wheat/sugar <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk	MIXED BEAN CASSEROLE	veg oil/red kidney beans can butter beans/wholemeal flour can tomatoes/tomato puree mixed herbs <i>allergens:</i> wheat/pulses	GINGER AND PEAR SQUARES CUSTARD	ginger/sr flour/marg pears/sugar/eggs/ custard powder/milk sugar <i>allergens:</i> milk/eggs/wheat	CHEESE & TOMATO MELTS MILK TO DRINK	cheese/tomato flour/margarine <i>allergens:</i> wheat/milk
WEDNESDAY	WEETABIX MILK	wheat/sugar <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk	SAVOURY MINCE CRUMBLE MIXED VEG NO MEAT SAVOURY VEG CRUMBLE	mince lamb/onion/marg marmite/flour/rolled oats/cheese <i>allergens:</i> milk/wheat/celery	PEACHES AND CUSTARD	peaches in juice custard powder/milk sugar <i>allergens:</i> milk	PITTA BREAD GRATED CARROTS SULTANAS HUMMUS DIP MILK TO DRINK	bread/carrots sultanas chickpeas <i>allergens:</i> wheat/milk
THURSDAY	WEETABIX alternative PORRIDGE MILK	wheat/sugar <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk	CHICKEN FRICASSE BOILED RICE NO MEAT VEG FRICASSE	chicken/onions/olive oil tin tomatoes/mixed veg/mixed dried herbs/green pepper/ mushrooms/rice <i>allergens:</i> milk	STEWED APPLE CUSTARD	apple/custard powder milk/sugar <i>allergens:</i> milk	DATES OAT & FRUIT SLICE CHEESE SLICES MILK TO DRINK	dates/flour/marg <i>allergens:</i> wheat/milk
FRIDAY	WEETABIX MILK	wheat/sugar <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk	CHEESE & TOMATO PIZZA POTATOES	flour/marg/milk/mixed herbs cheese/chopped tomatoes <i>allergens:</i> wheat/milk	VEGETARIAN JELLY FRUIT	veg jelly powder/fruit water <i>allergens:</i>	MARMITE SANDWICHES FRUIT MILK TO DRINK	marmite/wholemeal bread/ margarine fruit <i>allergens:</i> wheat/celery/milk
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WEEK 3	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON SNACK	INGREDIENTS
MONDAY	WEETABIX MILK	wheat/sugar	FRUIT MILK/WATER	milk	VEGETABLE BROCCOLI & CAULI FLOWER CHEESE PIE	vegetables/cheese mustard/flour marg/lemon juice	FRUIT CRUMBLE CUSTARD	fruit/marg/sugar/ flour/milk/custard powder	SWEET POTATO BISCUITS	sweet potato/sugar/ egg/milk/flour/baking powder
		<i>allergens:</i> milk/wheat		<i>allergens:</i> milk/soya		<i>allergens:</i> milk/wheat/ custard powder		<i>allergens:</i> wheat/milk		<i>allergens:</i> egg/milk/wheat
TUESDAY	WEETABIX alternative PORRIDGE MILK	wheat/sugar	FRUIT MILK/WATER	milk	TUNA & PASTA BAKE NO FISH CHEESE & PASTA BAKE	tuna/pasta milk/flour/marg cheese/onions/ milk allergens: fish/milk/ wheat	APPLE PIE CUSTARD	apple/marg/flour milk/custard powder	BREAD CRUDITES HARD BOILED EGGS	wholemeal bread/ peppers/carrots/toms eggs
		<i>allergens:</i> milk/wheat		<i>allergens:</i> milk/soya				<i>allergens:</i> milk/wheat		<i>allergens:</i> wheat/milk/eggs
WEDNESDAY	WEETABIX MILK	wheat/sugar	FRUIT MILK/WATER	milk	CHEESE/COURGETTE FLAN POTATOES	cheese/courgette milk/flour/marg potatoes/eggs	PEARS ORGANIC CHOC SAUCE	pears/milk/organic chocolate	GINGER BISCUITS CHOPPED APPLE	ginger/flour/marg/ sugar/egg/ apple
		<i>allergens:</i> milk/wheat		<i>allergens:</i> milk/soya		<i>allergens:</i> eggs/milk/ wheat		<i>allergens:</i> milk/soya		<i>allergens:</i> milk/eggs/wheat
THURSDAY	WEETABIX alternative PORRIDGE MILK	wheat/sugar	FRUIT MILK/WATER	milk	SAUSAGES/MASHED POTATOES BAKED BEANS NO MEAT QUORN SAUSAGES	pork sausages baked beans/ mashed potatoes quorn sausages allergens: eggs/wheat/ milk	BANANA CUSTARD	banana/milk/custard powder	APPLE & SULTANA OAT MUFFINS	apple/sultanas/flour marg/sugar/oats/
		<i>allergens:</i> milk/wheat		<i>allergens:</i> milk/soya				<i>allergens:</i> milk		<i>allergens:</i> wheat/milk
FRIDAY	WEETABIX MILK	wheat/sugar	FRUIT MILK/WATER	milk	MINCE MEATBALLS POTATOES/VEG NO MEAT VEGETABLE BALLS	lamb mince/ tinned tomatoes/ breadcrumbs/egg veg allergens: wheat/egg	RICE PUDDING APRICOTS	rice/milk/marg apricots	VEGETABLE AND BEAN SOUP BREAD STICKS	vegetables/veg stock red kidney/chick peas wheat flour/olive oil/ yeast/barley malt ext salt
		<i>allergens:</i> milk/wheat		<i>allergens:</i> milk/soya				<i>allergens:</i> milk		<i>allergens:</i> celery/wheat/soya
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WEEK 4	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON SNACK	INGREDIENTS
MONDAY	WEETABIX MILK	wheat/sugar	FRUIT/MILK WATER	milk	SPAGHETTI BOLOGNESE NO MEAT SPAGHETTI IN TOMATO & LENTAL SAUCE	lamb mince pasta/tomato lentils/onions	BANANA BREAD PUDDING CUSTARD	flour/marg/eggs, milk/bananas/milk custard powder/ sugar <i>allergens:</i> dairy,wheat,eggs	CARROT CAKE COOKIES FRUIT SLICES MILK TO DRINK	flour/sugar/oats raisins/spices marg/eggs/carrot milk <i>allergens:</i> dairy,wheat,eggs
TUESDAY	WEETABIX alternative PORRIDGE MILK	wheat/sugar	FRUIT/MILK WATER	milk milk/soya	COD MORNEY MASH & PEAS NO MEAT CHICKPEA FRITTERS	cod fillets/milk/flour marg/potatoes chickpeas <i>allergens:</i> milk/wheat/fish	FRUIT WHIP	milk/wheat/sugar <i>allergens:</i> dairy	MARMITE PINWHEELS FRUIT SLICES MILK TO DRINK	flour/marg marmite <i>allergens:</i> yeast/wheat
WEDNESDAY	WEETABIX MILK	wheat/sugar	FRUIT/MILK WATER	milk	HOMEMADE SAUSAGE ROLLS BAKED BEANS NO MEAT CHEESE & POTATO ROLLS	pork sausage meat eggs/flour/marg baked beans <i>allergens:</i> dairy/wheat	JAM TRAY BAKE CUSTARD	marg/flour/eggs jam/milk/custard powder/sugar <i>allergens:</i> dairy,wheat,eggs	FRUITY ROCKCAKES MILK TO DRINK	flour/marg/eggs sugar/milk <i>allergens:</i> dairy,wheat,eggs
THURSDAY	WEETABIX alternative PORRIDGE MILK	wheat/sugar	FRUIT/MILK WATER	milk milk/soya	ROAST CHICKEN ROAST POTATOES STUFFING MIXED VEGETABLES GRAVY NO MEAT SAVOURY RICE	chicken/potatoes/oil stuffing/vegetables rice/vegetable stock <i>allergens:</i> celery	STEWED APPLE IN JUICE	apples <i>allergens:</i>	CHEESE STRAWS FRUIT SLICES MILK TO DRINK	flour/milk/cheese mustard <i>allergens:</i> dairy,wheat mustard
FRIDAY	WEETABIX MILK	wheat/sugar	FRUIT/MILK WATER	milk	MACARONI CHEESE	pasta/cheese/flour milk/marg <i>allergens:</i> milk/dairy/wheat	LEMON SHORTBREAD STRIPS CUSTARD	flour/marg/sugar custard powder milk <i>allergens:</i> milk/wheat	JAM SANDWICHES CHEESE SLICES MILK TO DRINK	wholemeal bread marg/jam cheese <i>allergens:</i> dairy,wheat
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