

WEEK 1	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON SNACK	INGREDIENTS
MONDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	MINCE MEATBALLS POTATOES/VEG  NO MEAT VEGETABLE BALLS	lamb mince/ tinned tomatoes/ breadcrumbs/egg veg <i>allergens:</i> wheat/egg	RICE PUDDING APRICOTS	rice/milk/marg apricots  <i>allergens:</i> milk	CHEESE STARS	flour/milk/cheese mustard  <i>allergens:</i> dairy,wheat mustard
TUESDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	CHICK PEA CURRY BOILED RICE	onions/carrots/tomatoes tomato puree/ground tumeric curry powder/chilli powder canned chickpeas/rice <i>allergens:</i>	OATY FRUIT CRUMBLE CUSTARD	oats/fruit/marg sugar/milk/custard powder <i>allergens:</i> wheat/milk/eggs	APPLE & SULTANA OAT MUFFINS	apple/sultanas/flour marg/sugar/oats/  <i>allergens:</i> wheat/milk
WEDNESDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	TUNA & PASTA BAKE NO FISH CHEESE & PASTA BAKE	tuna/pasta milk/flour/marg cheese/onions/ milk <i>allergens:</i> fish/milk/ wheat	APPLE PIE CUSTARD	apple/marg/flour milk/custard powder  <i>allergens:</i> milk/wheat	MARMITE SANDWICHES FRUIT MILK TO DRINK	marmite/wholemeal bread/ margarine fruit <i>allergens:</i> wheat/celery/milk
THURSDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	CHEESE/COURGETTE FLAN POTATOES	cheese/courgette milk/flour/marg potatoes/eggs  <i>allergens:</i> eggs/milk/ wheat	PEARS ORGANIC CHOC SAUCE	pears/milk/organic chocolate  <i>allergens:</i> milk/soya	GINGER BISCUITS CHOPPED APPLE	ginger/flour/marg/ sugar/egg/ apple <i>allergens:</i> milk/eggs/wheat
FRIDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	SAUSAGES/MASHED POTATOES BAKED BEANS NO MEAT QUORN SAUSAGES	pork sausages baked beans/ mashed potatoes quorn sausages <i>allergens:</i> eggs/wheat/ milk	BANANA CUSTARD	banana/milk/custard powder  <i>allergens:</i> milk	BREAD CARROT STICKS APPLES  MILK TO DRINK	wholemeal bread/ marg/carrots/apples  <i>allergens:</i> wheat/milk

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WEEK 2	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON SNACK	INGREDIENTS
MONDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	MACARONI CHEESE	pasta/cheese/flour milk/marg  <i>allergens:</i> milk/dairy/wheat	FRUIT CRUMBLE CUSTARD	fruit/marg/sugar/ flour/milk/custard powder <i>allergens:</i> wheat/milk	PITTA BREAD GRATED CARROTS SULTANAS  MILK TO DRINK	bread/carrots sultanas  <i>allergens:</i> wheat/milk
TUESDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	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 wheat/pulses	STEWED APPLE CUSTARD	apple/custard powder milk/sugar  <i>allergens:</i> milk	DATE OAT & FRUIT SLICE CHEESE SLICES MILK TO DRINK	dates/flour/marg  <i>allergens:</i> wheat/milk
WEDNESDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	FISH FINGERS BAKED BEANS MASHED POTATOES NO FISH VEGETABLE FINGERS	fish/baked beans potatoes/marg/whole milk vegetables/breadcrumbs egg/potatoes <i>allergens:</i> wheat/milk/eggs	APPLE PIE CUSTARD	apple/marg/flour milk/custard powder  <i>allergens:</i> milk/wheat	CARROT CAKE BUNS  MILK TO DRINK	carrots/flour/marg sugar/eggs  <i>allergens:</i> wheat/milk/eggs
THURSDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	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	GINGER AND PEAR SQUARES CUSTARD	ginger/sr flour/marg pears/sugar/eggs/ custard powder/milk sugar <i>allergens:</i> milk/eggs/wheat	SWEET POTATO BISCUITS	sweet potato/sugar/ egg/milk/flour/baking powder <i>allergens:</i> egg/milk/wheat
FRIDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	CHEESE & TOMATO PIZZA POTATOES	flour/marg/milk/mixed herbs cheese/chopped tomatoes  <i>allergens:</i> wheat/milk	VEG 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 alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	SHEPHERDS PIE  NON MEAT VEGETABLE PIE	potatoes/margarine/milk water/onions/celery red pepper/marmite/lamb mince/cornflour/cheese <i>allergens:</i> milk/celery	RICE PUDDING APRICOTS	rice/milk/marg apricots  <i>allergens:</i> milk	MARMITE SANDWICHES FRUIT MILK TO DRINK	marmite/wholemeal bread/ margarine fruit <i>allergens:</i> wheat/celery/milk
TUESDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	BROCCOLI & CAULIFLOWER CHEESE PASTA BAKE	onions/broccoli/cauliflower pasta/cheese/flour milk/marg  <i>allergens:</i> milk/dairy/wheat	MIXED FRUIT CUSTARD	mixed fruit/milk custard powder  <i>allergens:</i> milk	CHEESE & TOMATO MELTS  MILK TO DRINK	cheese/tomato flour/margarine  <i>allergens:</i> wheat/milk
WEDNESDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	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
THURSDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	MIXED BEAN CASSEROLE	veg oil/red kidney beans can butter beans/wholemeal flour can tomatoes/tomato puree mixed herbs  <i>allergens:</i> wheat/pulses	PEACHES AND CUSTARD	peaches in juice custard powder/milk sugar <i>allergens:</i> milk	LEMON SPONGE CAKES SEASONAL FRUIT MILK TO DRINK	lemon/flour/eggs sugar/marg  <i>allergens:</i> wheat/milk/eggs
FRIDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT MILK/WATER	milk  <i>allergens:</i> milk/soya	SAUSAGE CASSEROLE  BOILED POTATOES NON MEAT QUORN SAUSAGE	potatoes/pork sausages onions/red pepper/peas vegetable stock <i>allergens:</i> wheat/milk/soya/celery eggs	GINGERBREAD CUSTARD SEASONAL FRUIT	ginger/flour/milk eggs/sugar/custard powder  <i>allergens:</i> wheat/eggs/milk	CHEESE PIZZAS  MILK TO DRINK	flour/marg/herbs cheese  <i>allergens:</i> wheat/milk

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WEEK 4	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON SNACK	INGREDIENTS
MONDAY	WEETABIX alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT/MILK WATER	milk  <i>allergens:</i> milk/soya	SPAGHETTI BOLOGNESE NO MEAT SPAGHETTI IN TOMATO & LENTAL SAUCE	lamb mince pasta/tomato lentils/onions  <i>allergens:</i>	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  <i>allergens:</i> milk/wheat	FRUIT/MILK WATER  HOT CHOCOLATE	milk  <i>allergens:</i> 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 alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT/MILK WATER	milk  <i>allergens:</i> milk/soya	HOMEMADE SAUSAGE ROLLS BAKED BEANS NO MEAT CHEESE & POTATO ROLLS	pork sausage meat eggs/flour/marg baked beans  <i>allergens:</i> dairy/wheat	RASPBERRY 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  <i>allergens:</i> milk/wheat	FRUIT/MILK WATER	milk  <i>allergens:</i> 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 alternative PORRIDGE  MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT/MILK WATER	milk  <i>allergens:</i> milk/soya	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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