WEEK 1	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON SNACK	INGREDIENTS
MONDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE SCOTCH PANCAKE MILK/WATER	milk *allergens:* milk/soya egg/wheat dairy	MINCE MEATBALLS POTATOES/VEG NO MEAT BEAN BURGERS	lamb mince/ tinned tomatoes/ breadcrumbs/egg *veg* *mixed beans* *allergens:* wheat/egg	RICE PUDDING APRICOTS	rice/milk/marg apricots *allergens:* milk	CHEESE STARS FRUIT MILK TO DRINK	flour/milk/cheese mustard rolled oats *allergens:* dairy,wheat mustard
TUESDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	CHICK PEA CURRY BROWN RICE	onions/carrots tomatoes/tomato puree tumeric/curry chilli powder/canned chickpeas/rice/lentils *allergens:*	OATY FRUIT CRUMBLE LIGHT EVAPORATED MILK	oats/fruit/marg sugar/milk/custard powder *allergens:* wheat/milk/eggs	FLAT BREAD TOMATO SALSA MILK TO DRINK	flour/dairy tomato/cucumber *allergens:* wheat/dairy
WEDNESDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	TUNA & PASTA BAKE NO FISH CHEESE & PASTA BAKE	tuna/pasta milk/flour/marg cheese/onions/ milk/sweetcorn butterbeans *allergens:* fish/milk/wheat	APPLE PIE CUSTARD	apple/marg/flour milk/custard powder *allergens:* milk/wheat	CHEESE SANDWICHES FRUIT MILK TO DRINK	cheese/wholemeal bread/ margarine fruit *allergens:* wheat/milk
THURSDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE RICE CAKES MILK/WATER	milk *allergens:* milk/soya	CHEESE/COURGETTE FLAN POTATOES	cheese/courgette milk/flour/marg potatoes/eggs *allergens:* eggs/milk/ wheat	PEARS ORGANIC CHOC SAUCE	pears/milk/organic chocolate *allergens:* milk/soya	TOMATO/PEPPER MINI PIZZAS HUMMOUS DIP MILK TO DRINK	flour/marg/herbs cheese/chickpeas tomatoes peppers *allergens:* wheat/milk
FRIDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	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 *allergens:* milk	BREAD CARROT STICKS APPLES BOILED EGG SLICES MILK TO DRINK	wholemeal bread/ marg/carrots/apples eggs *allergens:* wheat/milk eggs

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WEEK 2	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON SNACK	INGREDIENTS
MONDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	MACARONI CHEESE PEAS	pasta/cheese/flour peas milk/marg butterbeans *allergens:* milk/dairy/wheat	FRUIT CRUMBLE CUSTARD	fruit/marg/sugar/ flour/milk/custard powder *allergens:* wheat/milk	PITTA BREAD CARROT STICKS CHICKPEAS HUMMUS DIP MILK TO DRINK	bread/carrots chickpeas *allergens:* wheat/milk
TUESDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE BAGEL MILK/WATER	milk bagel *allergens:* milk/soya wheat/rye/barley	CHICKEN FRICASSE BROWN RICE NO MEAT QUORN FRICASSE	chicken/onions/olive oil tomatoes/mixed veg/mixed dried herbs/green pepper/ mushrooms/rice quorn pieces *allergens:* milk/wheat/pulses	DATE OAT & FRUIT SLICE	dates/flour/marg oats *allergens:* wheat/milk	CHEESE & TOMATO MELTS MILK TO DRINK	cheese/tomato flour/margarine *allergens:* wheat/milk
WEDNESDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	FISH FINGERS PEAS MASHED POTATOES PARSLEY SAUCE NO FISH LENTIL PATTIES	fish/peas potatoes/marg/whole milk vegetables/breadcrumbs egg/potatoes lentils *allergens:* wheat/milk/eggs	CARROT CAKE CUSTARD	carrots/flour/marg sugar/eggs *allergens:* wheat/milk/eggs	MINI VEGETABLE FRITTATA MILK TO DRINK	eggs/dairy mix veg/potatoes *allergens:* milk/eggs
THURSDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	SAVOURY MINCE CRUMBLE MIXED VEG NO MEAT SAVOURY LENTIL & VEG CRUMBLE	mince lamb/onion/marg flour/rolled oats/cheese mixed veg lentils *allergens:* milk/wheat/celery/egg	GINGER AND PEAR SQUARES CUSTARD	ginger/sr flour/marg pears/sugar/eggs/ custard powder/milk sugar *allergens:* milk/eggs/wheat	SWEET POTATO CRACKERS PEPPER SLICES MILK TO DRINK	sweet potato/sugar/ egg/milk/flour/baking powder *allergens:* egg/milk/wheat
FRIDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE OATCAKES MILK/WATER	milk oats *allergens:* milk/soya oatmeal	CHEESE & TOMATO PIZZA POTATOES BAKED BEANS	flour/marg/milk cheese mixed herbs chopped tomatoes baked beans *allergens:* wheat/milk	VEG JELLY FRUIT	veg jelly powder/fruit water *allergens:*	EGG & CRESS SANDWICHES FRUIT MILK TO DRINK	wholemeal bread/ margarine cress/fruit *allergens:* milk / egg

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WEEK 3	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON SNACK	INGREDIENTS
MONDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	SHEPHERDS PIE VEGETABLES NON MEAT VEGETABLE & BEAN PIE	potatoes/margerine/milk water/onions/celery red pepper/marmite lamb mixed beans allergens: milk/celery	RICE PUDDING APRICOTS	rice/milk/marg apricots *allergens:* milk	CHEESE PIZZAS MILK TO DRINK	flour/marg/herbs cheese *allergens:* wheat/milk
TUESDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE VEGETABLES WATER/MILK	milk edamame beans *allergens:* milk/soya	CHICKPEA, BROCCOLI & CAULIFLOWER CHEESE PASTA BAKE	onions/broccoli/cauliflower pasta/cheese/flour chickpeas/milk/marg *allergens:* milk/dairy/wheat	LEMON SPONGE CAKE CUSTARD	lemon/flour/eggs sugar/marg *allergens:* wheat/milk/eggs	SCOTCH PANCAKES BANANA SEASONAL FRUITS MILK TO DRINK	wheat/veg oil egg fruit *allergens:* wheat/milk/egg
WEDNESDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	HOMEMADE FISHCAKES PEAS NON FISH VEGETABLE BURGERS	cod fillets/salmon fillets cheese onions/herbs/milk marg/flour lemon juice/ sweet potatoes/mixed beans *allergens:* *milk/wheat/fish*	SHORTBREAD SWIRLS APPLE SAUCE	flour/marg/sugar apple *allergens:* milk	SAVOURY CHEESE & CARROT FLAPJACK MILK TO DRINK	oats/marg/herbs cheese/carrots pumpkin seeds *allergens:* wheat/milk
THURSDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE BREAD STICKS MILK/WATER	milk *allergens:* milk/soya/wheat	MIXED BEAN CASSOULET BROWN RICE	veg oil/red kidney beans butter beans wholemeal flour tomatoes/tomato puree lentils/mixed herbs allergens: wheat/pulses	PEACHES IN JUICE	peaches *allergens:*	CRACKERS CHEESE CHUNKS APPLES MASHED BEAN DIP MILK TO DRINK	wheat/yeast/veg oil salt/bicarb cheese/apples butter beans *allergens:* wheat/milk
FRIDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	SAUSAGE CASSEROLE BOILED POTATOES NON MEAT QUORN SAUSAGE CASSEROLE	potatoes/pork sausages onions/red pepper/peas pearl barley/vegetable stock quorn sausages *allergens:* wheat/milk/soya/celery eggs	GINGERBREAD CUSTARD SEASONAL FRUIT	ginger/flour/milk eggs/sugar/custard powder *allergens:* wheat/eggs/milk	BAKED BEAN DIP TOAST FRUIT SLICES MILK TO DRINK	wholemeal bread baked beans fruit dairy *allergens:* dairy,wheat

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WEEK 4	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON SNACK	INGREDIENTS
MONDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE PITTA SLICES WATER/MILK	milk *allergens:* milk/soya wheat	SPAGHETTI BOLOGNESE NO MEAT SPAGHETTI IN TOMATO & LENTAL SAUCE	lamb mince pasta/tomato lentils/onions *allergens:*	BANANA BREAD PUDDING CUSTARD	flour/marg/eggs, milk/bananas/milk custard powder/ sugar *allergens:* dairy,wheat,eggs	SEED TOPPED SCONES SEASONAL FRUIT MILK TO DRINK	flour/eggs marg pumkin seeds *allergens:* wheat/milk/eggs
TUESDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	COD MORNEY MASH & PEAS NO MEAT CHICKPEA FRITTERS	cod fillets/milk/flour marg/potatoes chickpeas *allergens:* milk/wheat/fish	FRUIT WHIP	milk/wheat/sugar *allergens:* dairy	MARMITE PINWHEELS FRUIT SLICES MILK TO DRINK	flour/marg marmite fruit *allergens:* yeast/wheat
WEDNESDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE RICE CAKES WATER/MILK	milk *allergens:* milk/soya	HOMEMADE SAUSAGE ROLLS BAKED BEANS NO MEAT CHEESE & POTATO ROLLS	pork sausage meat eggs/flour/marg baked beans *allergens:* dairy/wheat	RASPBERRY TRAY BAKE CUSTARD	marg/flour/eggs raspberries/milk custard powder/sugar *allergens:* dairy,wheat,eggs	FRUITY POPCORN CHEESE CHUNKS MILK TO DRINK	popcorn fruit slices cheese *allergens:* dairy
THURSDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	ROAST CHICKEN ROAST POTATOES MIXED VEGETABLES STUFFING/GRAVY NO MEAT SAVOURY BEAN VEG COUSCOUS	chicken/potatoes/oil stuffing/vegetables vegetable stock beans/couscous *allergens:* celery	STEWED APPLE IN JUICE TOASTED OATMEAL	apples oatmeal *allergens:*	CHEESE STRAWS FRUIT SLICES MILK TO DRINK	flour/milk/cheese mustard *allergens:* dairy,wheat mustard
FRIDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar *allergens:* milk/wheat	FRUIT/CHEESE WATER/MILK	milk *allergens:* milk/soya	MACARONI & VEG CHEESE	pasta/cheese/flour milk/marg peas *allergens:* milk/dairy/wheat	LEMON SHORTBREAD STRIPS STEWED FRUIT	flour/marg/sugar fruit *allergens:* milk/wheat	VEGGIE LENTIL NUGGETS HOMEMADE TOMATO DIP MILK TO DRINK	wholemeal bread lentils/cheese carrots courgettes *allergens:* dairy,wheat

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