

WEEK 4	BREAKFAST	INGREDIENTS	MID MORNING	INGREDIENTS	LUNCH	INGREDIENTS	PUDDING	INGREDIENTS	AFTERNOON SNACK	INGREDIENTS
MONDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT/CHEESE PITTA SLICES  WATER/MILK	milk  <i>allergens:</i> milk/soya wheat	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	SEED TOPPED SCONES SEASONAL FRUIT  MILK TO DRINK	flour/eggs marg pumkin seeds <i>allergens:</i> wheat/milk/eggs
TUESDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT/CHEESE  WATER/MILK	milk  <i>allergens:</i> milk/soya	COD MORNEY MASH & PEAS  NO MEAT NON FISH BAKE	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 fruit  <i>allergens:</i> yeast/wheat
WEDNESDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT/CHEESE RICE CAKES  WATER/MILK	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 raspberries/milk custard powder/suga  <i>allergens:</i> dairy,wheat,eggs	FRUITY POPCORN CHEESE CHUNKS  MILK TO DRINK	popcorn fruit slices cheese <i>allergens:</i> dairy
THURSDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT/CHEESE  WATER/MILK	milk  <i>allergens:</i> 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  <i>allergens:</i> celery	STEWED APPLE IN JUICE TOASTED OATMEAL	apples oatmeal  <i>allergens:</i>	CHEESE STRAWS FRUIT SLICES  MILK TO DRINK	flour/milk/cheese mustard  <i>allergens:</i> dairy,wheat mustard
FRIDAY	WEETABIX alternative PORRIDGE TOAST FRUIT MILK	wheat/sugar  <i>allergens:</i> milk/wheat	FRUIT/CHEESE  WATER/MILK	milk  <i>allergens:</i> milk/soya	MACARONI & VEG CHEESE	pasta/cheese/flour milk/marg peas  <i>allergens:</i> milk/dairy/wheat	LEMON SHORTBREAD STRIPS STEWED FRUIT	flour/marg/sugar fruit  <i>allergens:</i> milk/wheat	RED LENTIL SPREAD SANDWICHES SPREAD  MILK TO DRINK	wholemeal bread lentils  <i>allergens:</i> dairy,wheat

ALL DIETARY REQUESTS ARE PROVIDED FOR ON REQUEST (THEY CAN BE UPDATED AT ANY TIME)

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