

Week 1 Winter		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST choose from a variety of Cereals e.g. Weetabix, rice krispies, cornflakes, porridge, buttered toast, milk and water</b>						
<b>MORNING SNACK</b>	FOOD	Warm toasted bagels and soft cheese	Fresh Cut Pineapple and Raisins With Plain Pancakes	Oranges and bananas	Fresh Cut Apples and Pears with Warm Toasted Crumpets	Fresh fruit selection
	<b>Allergies</b>	<b>Gluten, Wheat, Dairy</b>	<b>Gluten, Wheat</b>		<b>Dairy, Gluten, Apple</b>	
	DRINKS	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/Whole Milk	Water/whole Milk
<b>LUNCH</b>	FOOD	Winter Warmer Quorn Bolognese with mixed vegetables	Homemade chicken curry with wholemeal rice peas and sweetcorn	Vegetable Macaroni and green salad	Winter Warm Cottage Pie with Steamed Broccoli and Swede	Traditional English Fish and Chips with Peas
	VEGETARIAN .00000..	Same	Quorn Chicken Pieces	Vegetable	Quorn Mince	Vegetable fingers and Chips
	<b>Allergies</b>	<b>Wheat, Soya, Mustard, Gluten</b>	<b>Celery, Milk, Soya, Mustard,</b>	<b>Milk, Wheat</b>	<b>Soya, Celery, Mustard</b>	<b>Fish</b>
		<b>Main ingredients:</b> Quorn mince, tomato, carrots, garlic and herbs mixed vegetables	<b>Main ingredients:</b> Chicken, herbs, garlic, carrots, peas Sweetcorn, Onions, Potatoes	<b>Main ingredients:</b> Milk, broccoli, cheese, cauliflower onions, garlic and herbs	<b>Main ingredients:</b> Beef mince, green, red and yellow bell peppers and fresh herbs Potatoes, carrots	<b>Main ingredients:</b> Coley/white fish Potatoes
	DESSERT	Fruit Yogurt	Plain sponge cake with custard	Fresh Fruit mixed salad	Succulent Homemade Banana Bread	Handmade Rice Pudding
	<b>Allergies</b>	<b>Dairy</b>	<b>Dairy, Eggs, Wheat</b>		<b>Banana , Eggs, Dairy, Gluten Wheat</b>	<b>Dairy, Gluten,</b>
DRINKS	Water/Whole Milk	Water/Whole Milk	Water/Whole Milk	Water/Whole Milk	Water/Whole Milk	
<b>LIGHT AFTERNOON TEA</b>	FOOD	Cheesy Beans on Toast	Savoury Tomato Soup with Crusty Bread	Jacket Potato with Tuna, Sweetcorn and Cheese/Dairy Free Cheese mixed with mayonaise	Tasty Tomato Spaghetti Hoops on Toast	Tasty Seasoned Vegetable Rice <b>Main Ingredient: White Basmati Rice, Mixed Veg, Herbs, Tomatoes</b>
	VEGETARIAN	Same	Veggie Soup	Same	Same	Same
	<b>Allergies</b>	<b>Gluten, Wheat, Tomato</b>	<b>Wheat, Gluten, Milk, Mustard</b>	<b>Fish, Dairy, Eggs</b>	<b>Tomato, Gluten, Wheat, Dairy</b>	<b>Dairy, Tomatoes</b>
	DRINKS	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/whole Milk

**For children with egg, gluten and dairy allergies, their food will be the same but without the allergic ingredient.**

**All meals are served with fruit or vegetables which is part of the children's 5 a day**

**We use an GMO Vegetable and Soya bean oil or Olive oil, rapeseed blend and Sunflower Oil**

**Our Raisins may contain Sulphites**