

Week 2 Winter		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> choose from a variety of Cereals e.g. Weetabix, rice krispies, cornflakes, porridge served with buttered toast milk and water						
<b>MORNING SNACK</b>	FOOD	Apples and Pears and Brioche	Bananas and Apples Toasted English Muffins with Soft Cheese	Fresh Cut Oranges with Warm Toast and butter	Fresh Cut Raisins and Apples with Warm Toasted Crumpets	Oranges and bananas with toast
	<b>Allergies</b>	<b>Wheat, Soya, Wheat</b>	<b>Gluten, Soya, Dairy, Bananas</b>	<b>Dairy, Gluten, Wheat</b>	<b>Dairy, Gluten, Wheat</b>	<b>Dairy, Banana, Wheat, Gluten</b>
	DRINKS	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/Whole Milk	Water/whole Milk
<b>LUNCH</b>	FOOD (include ingredients)	Winter Warmer Quorn Lasagne with Garlic Bread and Lightly Garlic Buttered Green Beans	Jamaica Brown Stew Chicken with Basmati Rice and a side salad	Shortcrust Chicken Pie with Sweetcorn and peas	Cauliflower and Cheese with Plain Pasta	Oven Baked Fish with Mash Potato and Peas
	VEGETARIAN	Same	Quorn Chicken Pieces	Vegetable Pie	Same	Same
	<b>Allergies</b>	<b>Wheat, Soya, Mustard, Milk</b>	<b>Celery, Milk, Soya, Mustard, Gluten</b>	<b>Soya, Celery, Mustard, Gluten, Dairy, Wheat, Mushrooms</b>	<b>Soya, Celery, Dairy, Gluten</b>	<b>Wheat, Soya, Celery, Mustard Fish</b>
		<b>Main ingredients:</b> Quorn mince, tomato, garlic mixed vegetables, green beans Pasta	<b>Main ingredients:</b> Chicken, herbs, garlic, kidney beans and rice	<b>Main ingredients:</b> Chicken, Garlic, Onion, Mushroom carrots, pastry, potatoes, fresh herbs	<b>Main ingredients:</b> Pasta, Cauliflower, Cheese Carrots, Herbs	<b>Main ingredients:</b> coley/white fish, potatoes herbs, onion, garlic
	DESSERT	Sultanas and Oranges	Lemon Drizzle Cake with custard	Fruit Yogurt	Raisin and Honey Flapjacks	Medley of Melons
<b>Allergies</b>		<b>Dairy, Wheat, Eggs, Lemon</b>	<b>Dairy</b>	<b>Gluten, Honey, Wheat</b>		
DRINKS	Water/Whole Milk	Water/Whole Milk	Water/Whole Milk	Water/Whole Milk	Water/Whole Milk	
<b>LIGHT AFTERNOON TEA</b>	FOOD	Heavenly Tomato Soup with Wholemeal Pitta Bread	Jacket Potato with Cheesy Beans	Scrambled Eggs and Chives served on a Wholemeal Slice of Bread	Warm Cheese and Tomato Pitta Pockets with Cucumber sticks	Margarita Pizza with carrot sticks
	VEGETARIAN	Same	Same	Same/ Beans on Toast	Same	Same/Dairy Free
	<b>Allergies</b>	<b>Gluten, Wheat, Tomato</b>	<b>Dairy, Tomatoes, Gluten</b>	<b>Dairy, Eggs, Gluten, Wheat</b>	<b>Tomato, Gluten, Wheat, Dairy</b>	<b>Wheat, Gluten, Dairy Tomato</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**