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| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Crumpets or Weetabix with banana’s  |  Toast and egg or porridge 🥣  | Natural fresh yoghurt strawberries or Crumpet’s  | Toast and cheese or Weetabix & banana | Toasted pancake’s with jam \ porridge 🥣  |
| Alternative Dietaries  | Gluten/ soya/ dairy free bread, dairy free pancakes, or crumpets’ non-dairy butter & soya milk |
| Lunch | Cheese, broccoli and sweetcorn beef lasagne | Curried Chicken mushroom, garden peas corn biryani  | North African lamb in a mixed pepper sauce & couscous |  Tomato and tarragon chicken pasta | Beef cottage pie with carrots and green beans |
| Alternative Dietaries  | Gluten\dairy free lasagne | N/R | North African Quorn mince | Dairy\soya free \gluten free tarragon pasta | Dairy\soya \gluten free cottage pie |
| Lunch Vegetarian Option  | Cheese broccoli and sweetcorn veggie lasagne | Quorn mushroom, garden peas and sweet corn curried biryani |  North African minced Quorn  | Tomato and Quorn tarragon pasta | Vegetarian mincemeat pie |
| Alternative dietaries  |  N/R |  N/R | Gluten\soya free couscous | Gluten free couscous | Dairy soya free potatoes and meat |
| Dessert | Blended Peaches  | Fruited natural yoghurt | Summer berry mousse | Blended Pears and reduced sugar custard | Jelly and ice cream |
| Alternative Dietaries |  N\A | Dairy/soya free yoghurt | Non-dairy summer berry mousse | Non-dairy custard | Gelatine free jelly/non-dairy ice cream |
| Afternoon Snack | Houmous pitta bread. strawberries /mixed peppers  | Salmon with crusty bread orange segment /tomato slices | Cheese sandwiches melon pieces/cucumber slices | Baked beans(spaghetti for babies) bread & butter banana/celery batons Salsa dip | Crackers with chicken mayonnaise dip apples \carrot sticks  |
| Alternative Dietaries  | Houmous pitta bread. strawberries /mixed peppers | Salmon with gluten/soya/dairy free bread  | Non-dairy cheese with gluten/soya/dairy free bread | Non-dairy butter, gluten/soya free bread | Gluten/soya/dairy free crackers  |
| Afternoon Snack Vegetarian  | N/R | N/R | N/R |  N\A | N/R |
| Alternative veggie snack | N/R | N/R | N/R | N/R | N/R |

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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Crumpets or Weetabix with banana |  Toast and eggs or porridge 🥣  | Natural yoghurt & strawberries or crumpets  | Toast and cheese or Weetabix & banana | Toasted pancakes with jam or porridge 🥣  |
| Alternative Dietaries  | Gluten/soya/dairy free bread, dairy free cheese, non-dairy butter & soya milk |
| Lunch |  Chilli con carne with beef & boiled rice served with garlic bread | Spanish chicken mixed pepper’s with pasta | Mince Shepherd’s pie with mixed vegetables and peas | Roast turkey roast potato’s, baby carrots, peas and gravy | Lamb with red lentil, onion, spinach and cauliflower one pot wonder |
| Alternative Dietaries  | N\R | Gluten/soya free pasta | Gluten free pasta | Gluten., soya dairy free gravy | Gluten/ dairy soya free gravy |
| Lunch Vegetarian Option  | Veggie chilli con carne |  Spanish Quorn mixed pepper with pasta | Mince Shepherd’s pie with mixed vegetables and peas |  Quorn fillet sliced  | Minced Quorn with red lentils spinach cauliflower one pot |
| Alternative dietaries  | N/R | Gluten/soya free pasta | Dairy soya gluten free shepherd’s pie | N/R | Gluten/soya free gravy |
|   Dessert | Fruited natural yoghurt |  BlendedPears  | Apple crumble and reduced sugar custard | Reduced sugar ground rice | Fresh fruit salad |
| Alternative Dietaries | Dairy/soya free yoghurt | N/A | Non-diary custard, gluten/soya free crumble | Reduced sugar dairy free ground rice |   N/A |
| Afternoon Snack | Cheese and tomato pizza strawberry’s /pepper slices | Tuna sandwiches orange segments /tomato slices | Egg and cress sandwiches apple pieces /cucumber slices | Soup of the day bread and butter banana celery batons  | Cheese and onion dip with crackers pears /carrot baton’s Tzatziki dip |
| Alternative Dietaries  | Non-dairy/gluten/soya free pizza | Non-dairy/gluten/soya tuna sandwiches | Gluten/dairy/soya free cream cheese sandwiches | Gluten/dairy/soya free sliced bread | Non-dairy dip with gluten free crackers |
| Afternoon Snack Vegetarian  | N/R | Sliced Quorn sandwiches | Non-dairy cheese | dairy\soya\gluten bread | N/R |

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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Crumpets or Weetabix with banana | Toast and eggs or porridge 🥣  | Natural yoghurt & strawberries or crumpets | Weetabix & Banana or toast & cheese | Toasted waffles or porridge 🥣  |
| Alternative Dietaries  | Gluten/soya/diary free bread, diary free pancakes or crumpet’s, non-diary butter & soya milk |
| Lunch | Beefy spaghetti Bolognese  | Basil chilli chicken mushroom with boiled rice | Tuna pasta bake | Roast pork, roast potatoes broccoli. Cauliflower & gravy | Lemon and garlic chicken with new potatoes and sweetcorn. |
| Alternative dietaries  |  Gluten soya free pasta |  N/R |  Gluten free pasta | Gluten, dairy soya free gravy | Non-dairy mash, gluten/soya free gravy |
| Lunch Vegetarian Option  | Vegetarian spaghetti Bolognese  | Basil and chilli Quorn mushroom with boiled rice | Minced Quorn pasta bake | Roast Quorn fillet | Lemon and garlic Quorn chicken with new potatoes and sweetcorn. |
| Alternative dietaries  | Gluten soya free pasta | N/R | Gluten/soya free Bake | Gluten/ dairy/ soya free  | Non-dairy mash, gluten/soya free gravy |
| Dessert | Fruited natural yoghurt | Bananas and reduced sugar custard | Reduced sugar Semolina | Peaches and ice cream | Blueberry Fruited mousse |
| Alternative Dietaries | Dairy/soya free yoghurt | Non-dairy custard | Non-dairy semolina  | Non-dairy ice cream | Non-dairy mousse |
| Afternoon Snack | Salmon sandwiches. apple chunks /pepper slices | Cream cheese sandwiches, Orange slices and tomato slices |  Blended bean dip. Naan bread Melon pieces and cucumber slices | Chicken mayonnaise sandwiches banana/celery slices | Pancakes with fresh strawberries /carrot batons beetroot hummus  |
| Alternative Dietaries  | Non-dairy/gluten/soya free bread | Gluten/soya free pitta bread | Non-dairy cheese, gluten free bread | Non-dairy, gluten free bread | Non-dairy croissants  |
| Afternoon Snack Vegetarian  | Grated cheese sandwiches | N/R | N/R | Quorn mayonnaise sandwiches | N/R |
| Alternative Dietaries  | Dairy gluten free bread cheese | N/R | N/R | Non-dairy butter, gluten/soya free bread | N/R |

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| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Crumpets or Weetabix with banana | Toast and eggs or porridge 🥣  | Natural yoghurt & strawberries or crumpets  | Toast and cheese or Weetabix and banana | Toasted pancakes with jam \ porridge 🥣  |
| Alternative Dietaries  | Gluten/soya/diary free bread, diary free crumpet or pancake’s, non-diary butter & soya milk |
| Lunch | Curried beef Lentil, spinach sweetcorn, pepper’s with rice | Creamy coriander chicken mushroom with penne pasta | Mince scouse(carrot/onions/potatoes)Served with crusty bread and beetroot  |  Roast chicken, roast potato’s, cabbage, broccoli & gravy  |  Braised lamb with carrots &swede with soft boiled potatoes’  |
| Alternative Dietaries  | Curried minced Quorn lentils and vegetables  | Gluten free pasta | Quorn mince scouse(carrot/onions/potatoes)Served with crusty bread and beetroot | Non-dairy, soya, gluten free gravy | Gluten/soya free gravy |
| Lunch Vegetarian Option  |   N/R | Creamy coriander Quorn with penne pasta |   N/A | Roast sliced Quorn | Quorn with carrots& Swede  |
| Alternative dietaries  |   N/R | Gluten free pasta | Vegetable 5 spice |  N\A | Gluten/soya free gravy |
| Dessert | Natural Fruited yoghurt |   Reduced sugar Rice pudding | Pears and reduced sugar custard | Fresh fruit salad | Frozen yoghurt |
| Alternative Dietaries |  Non-dairy fruited yoghurt |  Non-dairy rice pudding | Non-dairy custard  | N/R | Non-dairy ice cream |
| Afternoon Snack | Tuna mayo sandwiches strawberry’s pieces/pepper slices | Cheese and tomatoPizza  orange segments /tomato slices | Pilchards in tomato sauce with crusty bread  Apples slices/cucumber slices | Chicken sandwiches banana/celery sticks | Pitta bread & cheese and chive dip fresh pears / carrot batons |
| Alternative Dietaries  | Non-dairy gluten/soya free bread | Non-dairy/gluten/soya free pizzas | Gluten/soya /dairy free crusty bread | Non-dairy butter, gluten/soya free bread | Gluten/soya /dairy free pitta bread\cheese |
| Afternoon Snack Vegetarian  | Grated cheese sandwiches | N/R | N/R | Quorn sandwiches | N/R |
| Alternative Dietaries  | Non-dairy butter/cheese, gluten/soya free bread | N/R | N/R | Non-dairy butter, gluten/soya free bread | N/R |