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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 pancakes with jam \ porridge 🥣  |
|  Alternative  Dietaries  | Gluten/ soya/ dairy free bread, dairy free pancakes, or crumpets’ non-dairy butter & soya milk |
|  Lunch | Beef lasagne with broccoli and sweetcorn |  Chicken curry mushroom with boiled rice | Lamb in a mixed pepper sauce & couscous | Chicken tarragon pasta with carrots & sweetcorn  | Cottage pie with green beans |
|  Alternative Dietaries  | Gluten\dairy free lasagne |  N/A |  N\A | Dairy\soya free \gluten free tarragon pasta | Dairy\soya \gluten free cottage pie |
|  Lunch Vegetarian Option  | Bartoli bean lasagne with broccoli and sweetcorn | Chickpea curried mushroom with boiled rice |  Kidney beans in a mixed pepper sauce with couscous  | Green lentil tarragon pasta with carrots & sweetcorn  |  Red lentil & quinoa cottage pie with green beans |
|  Alternative  dietaries |  N/A |  N/A | Gluten\soya free couscous | Gluten free pasta | Dairy soya free potatoes and meat |
|  Dessert |  Fresh fruit bowl | Banana with Greek yoghurt dip |  Blended peaches |  Fruited natural yoghurt | Carrot and courgette muffin’s  |
|  Alternative  dietaries |  N\A | Dairy/soya free yoghurt | N\A | Non-dairy\soya free yoghurt | Carrot and courgette dairy\soya free muffin’s  |
|  Afternoon Snack | Houmous & pitta bread. strawberries /mixed peppers  | Salmon sandwiches Fresh tomato slices | Freshly grated cheese sandwiches Melon pieces | Baked beans (reduced salt and sugar) with toast. Sliced banana  | Chicken mayonnaise spread with crackers Fresh apple slices  |
|  Alternative  dietaries | Houmous & pitta bread, Fresh 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 mayonnaise & crackers  |
|  Afternoon Snack Vegetarian  | N/A | Salmon sandwiches | N/A |  N\A | Cream cheese spread with crackers |
|  Alternative veggie snack | N/A | Egg sandwiches | N/A | N/A | N/A |

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|  Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|  Breakfast | Crumpets or Weetabix with banana |  Toast and cheese or porridge 🥣  | Natural yoghurt & strawberries or crumpets  | Toast and egg 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 |  Beef chilli con carne served with boiled rice and naan bread | Chicken tomato with a mixed pepper sauce & pasta | Mince shepherd’s pie with mixed vegetables and peas | Lamb red lentil & spinach with new potatoes | Roast turkey, roast potatoes, carrots, and peas with gravy |
|  Alternative  Dietaries  | G\F D\R naan bread | Gluten/soya free pasta | Gluten free pasta | Gluten., soya dairy free gravy | Gluten/ dairy soya free gravy |
|  Lunch Vegetarian Option  | Red lentil chilli con carne served with boiled rice and garlic naan bread |  Chickpea tomato with a mixed pepper sauce & pasta | Green lentils Shepherd’s pie with mixed vegetables and peas | Bartoli bean & red lentil spinach with new potatoes | Green peas roast potatoes carrots and gravy (over 3s sliced Quorn fillets) |
|  Alternative dietaries  | G\F D\F naan bread | Gluten/soya free pasta | Dairy soya gluten free shepherd’s pie |  D\F G\F gravy  | N\A |
|   Dessert | Fruited natural yoghurt |  Apple crumble | Fresh fruit bowl selection | Ground rice (sugar free) | Fresh fruit salad |
|  Alternative  Dietaries | Dairy/soya free yoghurt | D\F G\F crumble | N\A | Sugar free dairy free ground rice |   N/A |
|  Afternoon Snack | Cheese and tomato pizza Sliced strawberry’s | Egg and cress sandwiches Tomato slices | Tuna mayonnaise sandwiches Cucumber slices | Vegetable soup, bread, and butter Banana  | Fresh cheese and onion spread with crackers Pears |
|  Alternative Dietaries  | Non-dairy/gluten/soya free pizza | Non-dairy/gluten/soya\ egg sandwiches | Gluten/dairy/soya free tuna sandwiches | Gluten/dairy/soya free sliced bread | Non-dairy dip with gluten free crackers |
|  Afternoon Snack Vegetarian  | N/A |  Egg and cress sandwiches | Cream cheese sandwiches |  N\A |  N/A |

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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 | Spaghetti Bolognese with vegetables  | Basil chilli chicken mushroom with boiled rice | Tuna and vegetable pasta bake | Roast ham, roast potatoes peas cauliflower & gravy | Garlic lemon chicken with carrots & sweetcorn with new potatoes  |
|  Alternative  dietaries  |  Gluten soya free pasta |  N/A |  Gluten free pasta | Gluten, dairy soya free gravy | N\A |
|  lunch Vegetarian Option  | Red lentil and vegetable spaghetti Bolognese  | Basil and chilli kidney bean mushroom with boiled rice | Haricot bean and vegetable pasta bake | Roast potatoes, cauliflower green peas and gravy | Garlic lemon chickpeas with carrots & sweetcorn with new potatoes  |
|  Alternative dietaries  | Gluten soya free pasta | N/A | Gluten/soya free Bake | Gluten/ dairy/ soya free (Quorn for over 3s) |  Gluten/soya free gravy |
|  Dessert | Semolina (sugar free) |   Fresh fruit bowl |  Fruited natural yoghurt | Peaches  | Rice pudding (sugar free) |
|  Alternative Dietaries | Dairy free \ sugar free semolina |   N\A | Dairy soya free yoghurt | N\A | Non-dairy sugar free rice pudding |
|  Afternoon Snack | Salmon sandwiches. Apple chunks  | Blended bean dip with naan bread Orange slices  |  Cream cheese sandwiches Tomato slices | Chicken mayonnaise sandwiches Banana slices | Pancakes with fresh strawberries  Cucumber fingers  |
|  Alternative Dietaries  | Non-dairy/gluten/soya free bread | Gluten/soya free bread | Non-dairy cheese, gluten free bread | Non-dairy, gluten free bread | Non-dairy pancakes strawberries |
|  Afternoon  Snack Vegetarian  |  Salmon sandwiches | N/A | N/A | Egg mayonnaise sandwiches Banana slices  | N/A |
| Alternative Dietaries  | Dairy gluten free bread with cheese | N/A | N/A | Non-dairy butter, gluten/soya free bread | N/A |

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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 | Beef curry with sweetcorn, peppers & spinach served with boiled rice | Chicken coriander mushroom served with penne pasta | Roast pork roast potatoes carrots peas and gravy |  Braised lamb with carrots and swede served with new potatoes  |  Scouse with crusty bread and beetroot  |
|  Alternative Dietaries  | N\A | Gluten free pasta |  G\f gravy | Non-dairy, soya, gluten free gravy | Gluten/soya free gravy |
|  Lunch  Vegetarian Option  |  Chickpea curry with spinach sweetcorn & peppers served with boiled rice | Green lentil coriander mushroom served with penne pasta |  Roast potato’s carrots peas with gravy | Braised quinoa with carrots and swede served with new potatoes | Haricot bean scouse with crusty bread  |
|  Alternative  |  N/A |  Gluten free pasta |  Gluten free gravy Quorn for over 3s |  N\A | Gluten/soya free gravy |
|  Dessert |  Fruited natural yoghurt |   Fresh fruit salad | Lemon & raspberry pudding | Fresh fruit bowl selection | Fro\ yo |
|  Alternative  Dietaries |   Non-dairy yoghurt |  N\A | Non-dairy lemon & raspberry pudding | N/A | Non-dairy ice cream |
|  Afternoon Snack | Cheese and tomato pizza Fresh strawberry’s  | Tuna mayonnaise sandwiches  Orange segments  | Cheese and chive dip with pitta bread Tomato slices | Chicken sandwiches Banana slices | Pilchards in tomato sauce with crackers Fresh pears |
|  Alternative  Dietaries  | Non-dairy gluten/soya free pizza | Non-dairy/gluten/soya free bread | Gluten/soya /dairy free bread \ cheese | Non-dairy butter, gluten/soya free bread | Gluten \ soya\ dairy free crackers |
|   Afternoon Snack Vegetarian  | N\A |   N/A |  N/A |  Egg sandwiches |   N/A  |
|  Alternative Dietaries  | N\A |  Humous sandwiches |  N\A  |  N\A | Cream cheese with crackers |