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| **Week 1 Monday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Minestrone Soup, served with brown bread.  Options: GF Veg Vg Hal  **Dessert**  Fresh Fruit with yoghurt gluten free option  Drink of whole milk gluten free option/water | **Afternoon Snack**  LS Beans on Toast. Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Tuesday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Sardine fish bake served with mash potato served with green beans, carrots peas and sweetcorn. Options: GF Veg Vg Hal  **Dessert**  LS Banana Cake with low sugar custard. Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water | **Afternoon Snack**  Crumpets served with LF cream cheese cucumber sticks, carrot sticks and tomato.  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Wednesday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Chicken Korma curry served on a bed or rice with Broccoli, Cauliflower and Carrots..  Options: GF Veg Vg Hal  **Dessert**  Bananas and LS custard Options: GF Veg Vg Hal  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water | **Afternoon Snacks**  Platter of sandwiches, egg, ham and chicken served with lettuce, tomato and cucmber sticks.  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Thursday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Tomato pasta bake, served with carrots, green beans, sweetcorn and peas..  Options: GF Veg Vg Hal  **Dessert**  LS Rice Pudding Served with Peach Puree  Drink of whole milk gluten free option/water | **Afternoon Snacks**  French Bread served with tomato cumber sticks and carrot sticks.,LF liver pate, LF cheese and chicken.. Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Friday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Quorn Chilli served with new potatoes and green beans and carrots peas and sweetcorn.  Options: GF Veg Vg Hal  **Dessert** Fresh fruit with yoghurt. Gluten free option  Drink of whole milk gluten free option/water | **Afternoon Tea**  Crackers served with LF cheese , chicken served with a selection of salad.  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Week 2 Monday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Chicken Pot Pie soup, served with brown bread.  Options: GF Veg Vg Hal  **Dessert**  Fresh Fruit with yoghurt  Drink of whole milk/water | **Afternoon Snack**  LS Beans on Toast. Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Tuesday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Quorn Spaghetti Bolognese served with carrots and peas.  Options: GF Veg Vg Hal  **Dessert**  Low sugar Carrot cake with low sugar custard.  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water | **Afternoon Snack**  Crumpets served with LF cream cheese cucumber sticks, carrot sticks and tomato.  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Wednesday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Fish Fingers, served with mash potato and peas.  Options: GF Veg Vg Hal  **Dessert**  Bananas and low sugar custard Options: GF Veg Vg Hal  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water | **Afternoon Snack**  Platter of sandwiches, egg, ham and chicken served with lettuce, tomatoes and cucumber stick.  Options: GF Veg Vg Hal  Selection of fruit. Drink of whole milk gluten free option/water |
| **Thursday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Cowboy Pie served with broccoli, cauliflower. Carrots and peas.Options: GF Veg Vg Hal  **Dessert**  Low Sugar Rice Pudding served with peach puree  Drink of whole milk gluten free option/water | **Afternoon Snack**  French Bread served with tomato cumber sticks and carrot sticks., LF pate, LFcheese and chicken.. Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Friday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Quorn Chicken pasta bake served with green beans carrots peas and sweetcorn..  Options: GF Veg Vg Hal  **Dessert**  Fresh fruit with yoghurt. Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water | **Afternoon Snack**  Crackers served with LF cheese , chicken served with a selection of salad.  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Week 3 Monday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Tomato and Red Pepper soup , served with brown bread.  Options: GF Veg Vg Hal  **Dessert**  Fresh Fruit with yoghurt gluten free option  Drink of whole milk gluten free option/water | **Afternoon Snack**  LS Beans on Toast. Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Tuesday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Chicken hot pot with peas and potato, served green beans and carrots,.  Options: GF Veg Vg Hal  **Dessert**  LS Lemon cake with low sugar custard. Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water | **Afternoon Snack**  Crumpets served with LF cream cheese cucumber sticks, carrot sticks and tomato.  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Wednesday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Salmon fish pie served with mash broccoli and carrots.  Options: GF Veg Vg Hal  **Dessert**  Bananas and low sugar custard Options: GF Veg Vg Hal  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water | **Afternoon Snack**  Platter of sandwiches, egg, ham and chicken. Served with lettuce, tomato and cucumber sticks.  Options: GF Veg Vg Hal  Selection of fruit. Drink of whole milk gluten free option/water |
| **Thursday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Fruity Quorn chicken served with rice and carrots, green beans, sweetcorn and peas.  Options: GF Veg Vg Hal  **Dessert:** LS Sugar Rice Pudding served with peach puree  ptions: GF Veg Vg Hal  Drink of whlole milk gluten free option/water | **Afternoon Snack**  French Bread served with tomato cumber sticks and carrot sticks.,LF liver pate, LF cheese and chicken.. Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |
| **Friday**  **Breakfast**  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal | **Lunch**  Tuna Pasta Bake served with sweetcorn and peas.  Options: GC Veg VG Halal  **Dessert**  Fresh fruit with yoghurt. Gluten free option  Drink of whole milk gluten free option/water | **Afternoon Snack**  Crackers served with LF cheese LF pate, chicken, cucumber sticks, carrot sticks and tomato.  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water |