

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pure unsweetened orange juice diluted with water (1:10) Porridge CG Toasted wholemeal bread with spread/jam CG, M	Pure unsweetened orange juice diluted with water (1:10) Baked beans (low salt and low sugar) Toasted muffin with spread CG, M	Pure unsweetened orange juice diluted with water (1:10) Low sugar cereal CG with milk M Toasted wholemeal bread CG with spread M	Pure unsweetened orange juice diluted with water (1:10) Boiled egg E with wholemeal bread CG and butter M	Pure unsweetened orange juice diluted with water (1:10) Grilled bacon and sliced tomato Small slice of toasted wholemeal bread CG with spread M
Mid-Morning Snack	Milk M Peaches (canned in juice) Full fat yogurt M	Milk M Breadsticks Cheese cubes M and apple chunks	Milk M Mini scotch pancake CG	Milk M Apple with grapes	Milk M Houmous SS with celery C sticks
Lunch Water and diluted fruit juice available	Lamb burgers E Bubble and squeak C , peas Fruit sponge with custard M	Chicken korma M with brown rice and Naan bread CG Fromage frais M with pineapple	Cottage pie C with peas and carrots Rhubarb crumble CG and custard M	Grilled pork sausage SD . Jacket potato, green salad and sweetcorn Fresh fruit salad	Salmon fishcakes F with mixed vegetables, green beans and oven chips Bananas and custard M
Mid Afternoon Snack	Milk M Cucumber and carrot fingers	Milk M Popcorn M N P S , grapes and pears	Milk M Cream cracker CG with mint and cucumber M dip Kiwi	Milk M Mini muffin CG toasted with spread M Melon and grape salad	Milk M Plain yogurt M and oatcakes CG

- Fruit and vegetables may be substituted by seasonal alternatives

Allergens key; **C** Celery; **CG** Cereals containing gluten; **Cr** Crustaceans; **E** Eggs; **F** Fish; **L** Lupin; **M** Milk; **Mo** Molluscs; **Mu** Mustard; **N** Nuts; **P** Peanuts; **S** Soya; **SS** Sesame Seeds; **SD** Sulphur Dioxide