

WEEK 1 : MENU

MONDAY

Breakfast: **Cereal / Brown Toast ***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk

Snack: **Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese***
*Contains Cereals, Wheat, Cheese, Soya and Milk

Lunch: **Vegetable Curry & Rice***
*Contains Celery

Tea: **Pancakes with Yoghurt & Banana***
*Contains Milk, Wheat and Egg

TUESDAY

Breakfast: **Cereal / Brown Toast ***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk

Snack: **Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese***
*Contains Cereals, Wheat, Cheese, Soya and Milk

Lunch: **Chicken, Sweet Potato Wedges with Broccoli***
*Contains Butter

Tea: **Assorted Sandwiches – Egg Mayonnaise or Ham & Cheese***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Cheese

WEDNESDAY

Breakfast: **Cereal / Brown Toast ***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk

Snack: **Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese***
*Contains Cereals, Wheat, Cheese, Soya and Milk

Lunch: **Penne Pasta With Diced Fresh Tomato Sauce***
*Contains Celery, Wheat, Egg, Cheese

Tea: **Cucumber and Cream Cheese Bagels***
*Contains Wheat, Rye, Barley, Cheese and Milk

THURSDAY

Breakfast: **Cereal / Brown Toast ***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk

Snack: **Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese***
*Contains Cereals, Wheat, Cheese, Soya and Milk

Lunch: **Lamb and Lentil Casserole***
*Contains Celery

Tea: **Cheese & Spinach/Veggie Puffs***
*Contains Cheese, Butter and Wheat

FRIDAY

Breakfast: **Cereal / Brown Toast ***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk

Snack: **Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese***
*Contains Cereals, Wheat, Cheese, Soya and Milk

Lunch: **Beef Bolognese with Pasta***
*Contains Cereals, Egg, Wheat and Celery

Tea: **Pizza Pockets – Mixed Toppings ***
*Contains Wheat, Egg and Cheese

This is of course subject to dietary restrictions or preferences. Water or Milk served with every meal.

WEEK 2 : MENU

MONDAY

Breakfast: Cereal / Brown Toast *
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk

Snack: Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese*
*Contains Cereals, Wheat, Cheese, Soya and Milk

Lunch: Tuna Pasta Bake*
*Contains Wheat, Fish, Egg and Cheese

Tea: Assorted Sandwiches – Egg Mayonnaise or Ham & Cheese*
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Cheese

TUESDAY

Breakfast: Cereal / Brown Toast *
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk

Snack: Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese*
*Contains Cereals, Wheat, Cheese, Soya and Milk

Lunch: Lasagne*
*Contains Celery, Milk, Wheat, Cheese, Butter, Cream and Egg

Tea: Rice Pudding with Berry Compote*
*Contains Wheat and Milk

WEDNESDAY

Breakfast: Cereal / Brown Toast *
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk

Snack: Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese*
*Contains Cereals, Wheat, Cheese, Soya and Milk

Lunch: Homemade Chicken Goujons, Mashed Potato with Peas *
*Contains Cereals, Wheat, Milk, Butter and Egg

Tea: Pizza Pockets – Mixed Toppings *
*Contains Wheat, Egg and Cheese

THURSDAY

Breakfast: Cereal / Brown Toast *
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk

Snack: Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese*
*Contains Cereals, Wheat, Cheese, Soya and Milk

Lunch: Chilli Con Carne with Rice

Tea: Cheese & Spinach/Veggie Puffs*
*Contains Cheese, Butter and Wheat

FRIDAY

Breakfast: Cereal / Brown Toast *
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk

Snack: Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese*
*Contains Cereals, Wheat, Cheese, Soya and Milk

Lunch: Chicken & Leek Pie*
*Contains Celery, Wheat, Butter and Cream

Tea: Pancakes with Yoghurt & Banana*
*Contains Milk, Wheat and Egg

This is of course subject to dietary restrictions or preferences. Water or Milk served with every meal.

WEEK 3 : MENU

MONDAY

- Breakfast:** **Cereal / Brown Toast ***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk
- Snack:** **Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese***
*Contains Cereals, Wheat, Cheese, Soya and Milk
- Lunch:** **Lamb & Vegetable Korma with Rice***
*Contains Cream and Milk
- Tea:** **Pizza Pockets – Mixed Toppings ***
*Contains Wheat, Egg and Cheese
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TUESDAY

- Breakfast:** **Cereal / Brown Toast ***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk
- Snack:** **Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese***
*Contains Cereals, Wheat, Cheese, Soya and Milk
- Lunch:** **Thai Chicken Noodles***
*Contains Celery and Egg
- Tea:** **Rice Pudding with Berry Compote***
*Contains Milk
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WEDNESDAY

- Breakfast:** **Cereal / Brown Toast ***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk
- Snack:** **Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese***
*Contains Cereals, Wheat, Cheese, Soya and Milk
- Lunch:** **Three Bean Chilli with Rice**
- Tea:** **Assorted Sandwiches – Egg Mayonnaise or Ham & Cheese***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Cheese
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THURSDAY

- Breakfast:** **Cereal / Brown Toast ***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk
- Snack:** **Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese***
*Contains Cereals, Wheat, Cheese, Soya and Milk
- Lunch:** **Cajun Chicken with Macaroni Cheese***
*Contains Wheat, Cream, Cheese and Milk
- Tea:** **Pancakes with Yoghurt & Banana***
*Contains Milk, Wheat and Egg
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FRIDAY

- Breakfast:** **Cereal / Brown Toast ***
*Contains Cereals, Barley, Rye, Wheat, Butter, Soya and Milk
- Snack:** **Fresh Assorted Fruit with Rice Cakes/Crackers/Cheese***
*Contains Cereals, Wheat, Cheese, Soya and Milk
- Lunch:** **Irish Beef Stew***
*Contains Celery
- Tea:** **Cheese and Spinach/Veggie Puffs***
*Contains Cheese, Butter and Wheat

This is of course subject to dietary restrictions or preferences. Water or Milk served with every meal.