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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 |