

Menu Plan Week 1

	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Breakfast	Milk / Water Cereal / Toast	D G	Milk / Water Cereal / Toast	D G	Milk / Water Cereal / Toast	D G	Milk / Water Cereal / Toast	D G	Milk / Water Cereal / Toast	D G
Snack	Milk / Water Cheese & Crackers Fruit in Season	D DG	Milk / Water Breadsticks, Yoghurt Fruit in Season	D DG	Milk / Water Crackerbread, Dairylea Cheese Spread / Butter Fruit in Season	D DG	Milk / Water Rice Cakes & Ham/ Yoghurt Fruit in Season	D DGSo	Milk / Water Wholemeal Crackers & Cheese Fruit in Season	D DG
Lunch	Fish Fingers, Waffles Spaghetti, Mash	DG	Shepherds Pie Mixed Vegetables	A,Ce, D,F,G, So	Chicken Curry with Vegetables & Rice	Ce, D, G, So ,M	Roast Beef / Stuffing Potatoes & Cabbage	G	Turkey Pasta Bake with Cheese Vegetables	D, G
Tea	Milk / Water Vegetable Soup Ham / Egg Sandwich Fruit in Season	D A,Ce, DEG	Milk / Water A selection of Wraps Turkey, Tomatoes Fruit in Season	D GD	Milk / Water Ham, Egg, Cheese Brioche Rolls Fruit in Season	D DE GD	Milk / Water Beans on Toast Fruit in Season	D G	Milk / Water Pitta Bread & Cheese or Waffles, Veg, Sticks Fruit in Season	D D G

We cater for special dietary requirements on an individual basis.

List of Allergens:	A	Almond Major Protein	D	Dairy & Milk Products	G	Gluten, Wheat, Rye, Barley, Oats, Spelt, Cereals	N	Nuts
	Ce	Celery	E	Eggs & Egg Products	L	Lupins	So	Soya
	Cr	Crustations & Mollusks, Shellfish & Mussels	F	Fish	M	Mustard	Se	Sesame Seeds
							Su	Sulphur Dioxide

Please see our Allergen Information Folder for list of ingredients.