

## Menu Plan Week 3

	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
<b>Breakfast</b>	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
<b>Snack</b>	Milk / Water Rice Cakes & Cheese Fruit in Season	D DG	Milk / Water Crackerbread, Ham or Butter Fruit in Season	D DG	Milk / Water Crackers & Cheese Fruit in Season	D DG	Milk / Water Water Biscuits, Yoghurt Fruit in Season	D DGSo	Milk / Water Breadsticks, Yoghurt Fruit in Season	D DG
<b>Lunch</b>	Pizza, Waffles Vegetable Sticks	A,D, G,So	Savory Mince Rice & Vegetables	Ce, D, G, So ,M	Chicken Curry Mash	Ce, D, G ,M  D	Boiled Ham , Carrot & Turnip, Cabbage, Mash	  D	Chicken Pasta Bake	D,G,E
<b>Tea</b>	Leek & Potatoe Soup Sandwiches	G D G	Scrambled Eggs on Toast	E G	Toasted Sandwich Selection	G D	Turkey Wraps	G	Chia Wholegrain bread and Jam	G, So, Se

**We cater for special dietary requirements on an individual basis.**

<b>List of Allergens:</b>	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.*