

Week 1

Day	Snack	Lunch	Snack	Tea
Mon	Breadsticks and houmous	<p>Chicken OR Quorn (VEG) massaman curry Served with fragrant yellow and white rice, baby corn, broccoli, cauliflower and fancy peas</p> <p>Mango and coconut jelly OR yogurt (VEG)</p> <p>FSA Allergy List 4,7,14</p>	Fresh fruit	<p>Jacket potatoes with Heinz baked beans and cheddar cheese</p> <p>FSA Allergy List 7</p>
Tues	Cheese and crackers	<p>Lemon and garlic fish OR Sweet potato and lentil balls in creamy garlic sauce (VEG) Served with oven baked crinkle cut potato wedges, carrots and peas</p> <p>Lemon and raspberry drizzle loaf</p> <p>FSA Allergy List 1,2,4,5,7</p>	Fresh fruit	<p>Pizza baguettes served with vegetable sticks</p> <p>FSA Allergy List 2,7</p>
Wed	Yogurt	<p>Lamb OR Gluten free lentil (VEG) ragu with fresh cherry tomatoes and basil Served with spaghetti, seasonal vegetables and homemade bread</p> <p>Garibaldi biscuits</p> <p>FSA Allergy List 1,2,7,14</p>	Fresh fruit	<p>Wholemeal wraps with seasoned shredded chicken OR shredded jackfruit (VEG), grated cheese, sweetcorn and grated carrot</p> <p>FSA Allergy List 2,7</p>
Thurs	Fresh fruit	<p>Thai turkey OR Veggie (VEG) balls Served with vegetable rice, baby corn, broccoli, cauliflower and peas</p> <p>Mint chocolate cake</p> <p>FSA Allergy List 2,4,14</p>	Rice cake and raisins	Children's Choice
Fri	Fresh fruit	<p>Beef OR Lentil and red pepper (VEG) lasagne Served with seasonal vegetables and garlic and parsley dough balls</p> <p>Carrot cake cookies</p> <p>FSA Allergy List 1,2,4,7</p>	Yogurt	<p>Fish fingers OR Vegetarian sausage (VEG) served with buttered wholemeal roll, peas and homemade ketchup</p> <p>FSA Allergy List 2,7</p>
	Milk/Water	Water	Milk/Water	Water

Week 2

Day	Snack	Lunch	Snack	Tea
Mon	Fresh fruit	<p>Poached fish OR Roasted cauliflower and pepper balls with adzuki beans (VEG) in a coconut and mango sauce</p> <p>Served with braised rice, seasonal vegetables and garlic flatbread</p> <p>Strawberry swirl yogurt</p> <p>FSA Allergy List 1,2,5,7</p>	Yogurt	<p>Nut-free pesto chicken OR Quorn (VEG) served with buttered gnocchi, broccoli and baby corn</p> <p>FSA Allergy List 2,7</p>
Tues	Fresh fruit	<p>Summery beef OR White bean (VEG) stew with peppers</p> <p>Served with chunky cheese bread and seasonal vegetables</p> <p>Banana bread</p> <p>FSA Allergy List 1,2,4,7</p>	Cream cheese and crackers	<p>Baked potato and sweet potato wedges topped with Heinz baked beans and grated cheese</p> <p>FSA Allergy List 7</p>
Wed	Pitta bread and houmous	<p>Creamy turkey OR Quorn (VEG) fricassee with petit pois</p> <p>Served with spaghetti, crinkle cut carrots, sweetcorn and broccoli</p> <p>Chocolate orange marble shortbread</p> <p>FSA Allergy List 1,2,4,7</p>	Fresh fruit	<p>Pork OR Vegetarian (VEG) sausage served with buttered wholemeal roll and vegetable sticks</p> <p>FSA Allergy List 2,7</p>
Thurs	Fresh fruit	<p>Lamb and beetroot OR Mixed bean, carrot and courgette (VEG) patties</p> <p>Served with crinkle cut potato wedges, peas, corn and tomato sauce</p> <p>Bananas and custard</p> <p>FSA Allergy List 1,2,7,14</p>	Blueberry and banana muffins	<p>Cheese and tomato pasta bake served with sweetcorn</p> <p>FSA Allergy List 2,7</p>
Fri	Cheese and apple	<p>Roast gammon OR Beetroot and lentil fillets (VEG)</p> <p>Served with parsley sauce, buttered new potatoes, and fresh vegetables</p> <p>Lemon and blueberry cake</p> <p>FSA Allergy List 1,2,4,7,14</p>	Fresh fruit	Children's Choice
	Milk/Water	Water	Milk/Water	Water

Food Standard Agency (FSA) Allergy List: 1 - Celery, 2 - Gluten(Ngci)- Crustaceans, 4 – Eggs, 5 – Fish, 6 – Lupin, 7 – Milk, 8 – Molluscs, 9 – Mustard, 10 – Nuts, 11 – Peanuts, 12 – Sesame Seeds, 13 – Soya, 14 – Sulphur Dioxide

Week 3

Day	Snack	Lunch	Snack	Tea
Mon	Breadsticks and raisins	Lamb OR Lentil and pumpkin (VEG) tagine with dates and apricots Served with couscous and vegetables Passionfruit snap FSA Allergy List 1,2,7,14	Fresh fruit	Chicken goujons OR Vegetarian nuggets (VEG) served with wholemeal wraps, cream cheese and vegetable sticks FSA Allergy List 2,7
Tues	Houmous and carrot sticks	Sweet and sour chicken OR Turtle beans (VEG) with pineapple and peppers Served with long grain rice, baby corn, broccoli, cauliflower, fine green beans and peas Key lime cheesecake FSA Allergy List 1,2,7	Fresh fruit	Children's Choice
Wed	Fresh fruit	Beef OR Lentils (VEG) in rich gravy Served with cheesy mashed potatoes and seasonal vegetables Peach upside down cake FSA Allergy List 1,2,4,7	Yogurt	Salmon and broccoli pasta bake served with carrots FSA Allergy List 2,5,7
Thurs	Fresh fruit	Creamy chicken OR Quorn (VEG) korma Served with yellow and white rice, broccoli, cauliflower, fine green beans, baby corn and fancy peas Black cherry jelly OR yogurt (VEG) FSA Allergy List 1,2,7,14	Cream cheese and rice cakes	Picnic tea: Wholemeal pitta with cheese, wafer thin chicken or vegetarian deli slices (VEG), grated carrot and apple salad and sweetcorn FSA Allergy List 2,7
Fri	Cheese pastry twists	Lemon and dill OR Vegetarian-style (VEG) fishcakes Served with homemade baked beans, peas and corn Strawberry thumb cookies FSA Allergy List 1,2,4,5,7	Fresh fruit	Spaghetti carbonara served with garlic bread and sweetcorn FSA Allergy List 2,7
	Milk/Water	Water	Milk/Water	Water

Week 4

Day	Snack	Lunch	Snack	Tea
Mon	Yogurt	Beef OR Quorn (VEG) chilli con carne Served with rice and peas, oven baked tortilla crisps and seasonal vegetables Blackcurrant swirl cake FSA Allergy List 1,2,4	Fresh Fruit	Cheese and broccoli pasta bake served with garlic bread FSA Allergy List 2,7
Tues	Fresh Fruit	Summer pork and apple OR Butterbean and courgette (VEG) stew in sweet potato gravy Served with parsley new potatoes and seasonal vegetables Strawberry and lemon cookies FSA Allergy List 1,2,4,7	Raisins and rice cakes	Chicken OR Vegetable (VEG) korma served with rice and naan bread FSA Allergy List 2,5
Wed	Yogurt	Chicken OR Quorn (VEG) in tomato and basil sauce Served with penne pasta, fresh vegetables and garlic ciabatta bread Fruit pastry puff FSA Allergy List 1,2,4,7,14	Fresh fruit	Children's Choice
Thurs	Fresh Fruit	Poached pollock OR Butternut squash and cannellini beans (VEG) in a parsley sauce Served with sauté potatoes, puff pastry topper, peas and corn Pineapple yogurt FSA Allergy List 1,2,4,5,7	Cream cheese and crackers	Mini beef OR Quorn (VEG) meatballs served with pasta in a tomato and vegetable sauce, grated cheese and garlic bread FSA Allergy List 2,7
Fri	Pitta bread and Houmous	Middle Eastern lamb OR Veggie and lentil balls (VEG) Served with fruity couscous, broccoli, carrots, cauliflower and fancy peas Flavoured shortbread fingers FSA Allergy List 1,2,7,14	Fresh fruit	Homemade pork or vegetarian (VEG) sausage rolls with Heinz baked beans and cucumber sticks FSA Allergy List 2
	Milk/Water	Water	Milk/Water	Water

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