

Week 1

Day	Snack	Lunch	Snack	Tea
Mon	Fresh fruit	Lamb OR Lentil and cannellini bean (VEG) stew Served with minted dumplings, roasted new potatoes and fresh vegetables Blackberry yogurt FSA Allergy List 1,2,7	Toasted tea cakes	Children's Choice
Tues	Breadsticks and houmous	Poached pollack in a salmon and dill sauce OR Roasted cauliflower, haricot and pumpkin balls in a parsley and dill sauce (VEG) Served with white rice, peas and corn Sticky toffee cake FSA Allergy List 1,2,4,5,7	Fresh fruit	Jacket potatoes with Heinz baked beans and cheddar cheese FSA Allergy List 7
Wed	Fresh fruit	Beef OR Red peppers and aduki beans (VEG) in a rich tomato and basil sauce Served with penne pasta, seasonal vegetables and chunky homemade bread Papaya twist shortbread FSA Allergy List 1,2,4	Yogurt	Nut-free pesto chicken OR Quorn (VEG) with couscous and broccoli FSA Allergy List 2,13
Thurs	Cheese and crackers	Pork OR Yellow split pea and courgette (VEG) and apricot loaf Served with homemade gravy, potatoes and vegetables Rhubarb crumble cake FSA Allergy List 1,2,4,14	Fresh fruit	Salmon OR Vegetable (VEG) pasta bake with carrots FSA Allergy List 2,5
Fri	Fresh fruit	Chicken OR Quorn (VEG) tikka masala Served with braised rice, broccoli, cauliflower, fine green beans, fancy peas and homemade garlic naan bread Custard creams FSA Allergy List 2,4,7,14	Rice cake and raisins	Mini cheese, onion and potato pastries with homemade tomato sauce and cucumber stars FSA Allergy List 2,5,7
	Milk/Water	Water	Milk/Water	Water

Week 2

Day	Snack	Lunch	Snack	Tea
Mon	Fresh fruit	Pork OR Lentil and roasted root vegetables (VEG) and quince casserole Served with buttered new potatoes and seasonal vegetables Roasted apple and cinnamon yogurt FSA Allergy List 1,2,7	Rice cake and raisins	Chicken goujons OR Vegetarian nuggets (VEG) with wholemeal wraps, cream cheese and vegetable sticks FSA Allergy List 2,7
Tues	Toasted tea cakes	Moroccan chicken OR Quorn (VEG) with peppers and apricots Served with couscous, broccoli, cauliflower, fine green beans, baby corn and fancy peas Homemade Swiss roll FSA Allergy List 2,4,14	Fresh fruit	Children's Choice
Wed	Fresh fruit	Roast turkey OR Vegetable and bean suet roulade (VEG) Served with sweet potato gravy, herby roast potatoes, carrots, broccoli, cauliflower, peas and sweetcorn Lemon drizzle cake FSA Allergy List 1,2,4	Yogurt	Spaghetti carbonara OR Meat free carbonara (VEG) with garlic bread and sweetcorn FSA Allergy List 2,7
Thurs	Fresh fruit	Lamb OR Lentil (VEG) and cauliflower dhansak Served with yellow and white rice, broccoli, cauliflower, fancy peas and homemade naan bread Dragon fruit chia pot FSA Allergy List 2,7,14	Cheese pastry twists	Potato wedges with Heinz baked beans, cheddar cheese and cucumber stars FSA Allergy List 7
Fri	Breadsticks and houmous	Freshly breaded fish OR Veggie fillets (VEG) Served with crinkle cut potato wedges and baked beans Sweet potato and ginger cake FSA Allergy List 1,2,4,7,14	Fresh fruit	Sweet and sour chicken OR Quorn (VEG) with rice FSA Allergy List 13
	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	Fresh fruit	<p>Chicken OR Sweet potato and black turtle bean (VEG) Makhhani</p> <p>Served with brown and white rice, broccoli, cauliflower, fine green beans, baby corn and fancy peas</p> <p>Gingerbread men</p> <p>FSA Allergy List 2,4,14</p>	Yogurt	<p>Pizza baguettes with cucumber stars</p> <p>FSA Allergy List 2,7</p>
Tues	Raisins and rice cakes	<p>Turkey and cranberry meatloaf OR Parsnip, lentil and cranberry loaf (VEG)</p> <p>Served with homemade gravy, roast potatoes and seasonal vegetables</p> <p>Banoffee pot</p> <p>FSA Allergy List 1,2,7,14</p>	Fresh fruit	<p>Green pesto pasta with garlic bread and sweetcorn</p> <p>FSA Allergy List 2,7</p>
Wed	Fresh fruit	<p>Creamy fish OR Courgette and cannellini bean (VEG) chowder</p> <p>Served with potatoes, homemade bread, peas and sweetcorn</p> <p>Light fruit cake</p> <p>FSA Allergy List 1,2,4,5,7,14</p>	Cream cheese and crackers	Children's Choice
Thurs	Fresh fruit	<p>Chunky beef OR Quorn (VEG) chilli con carne</p> <p>Served with rice, oven baked tortilla crisp, crinkle cut carrots, broccoli and sweetcorn</p> <p>Sunset jelly OR yogurt (VEG)</p> <p>FSA Allergy List 2,4,7,14</p>	Pitta bread and houmous	<p>Homemade pork OR Vegetarian (VEG) sausage rolls with Heinz baked beans and cucumber sticks</p> <p>FSA Allergy List 2</p>
Fri	Fresh fruit	<p>Homemade lamb OR Pearl barley and root vegetable (VEG) hotpot</p> <p>Served with seasonal vegetables</p> <p>Lemon curd pastry puff</p> <p>FSA Allergy List 1,2</p>	Blueberry and banana muffins	<p>Creamy salmon OR Petit pois (VEG) and broccoli pasta bake with sweetcorn</p> <p>FSA Allergy List 2,5,7</p>
	Milk/Water	Water	Milk/Water	Water

Week 4

Day	Snack	Lunch	Snack	Tea
Mon	Yogurt	<p>Poached pollock OR Roasted cauliflower and haricot bean balls (VEG) in a sweet potato and parsley velouté sauce</p> <p>Served with sauté potatoes, peas and sweetcorn</p> <p>Ginger and apple cake</p> <p>FSA Allergy List 1,2,4,5</p>	Fresh Fruit	<p>Beef OR Vegetable (VEG) chilli con carne with rice and broccoli</p> <p>FSA Allergy List 2</p>
Tues	Fresh Fruit	<p>Roasted gammon OR Beetroot, bean and courgette fillet (VEG)</p> <p>Served with homemade gravy, potatoes and seasonal vegetables</p> <p>Cake and custard</p> <p>FSA Allergy List 1,2,4,7,14</p>	Raisins and rice cakes	<p>Macaroni cheese with garlic bread and vegetable sticks</p> <p>FSA Allergy List 2,7</p>
Wed	Breadsticks and cream cheese	<p>Lamb OR Quorn (VEG) and spinach Keema</p> <p>Served with braised rice, cauliflower, broccoli, baby corn, fine green beans and fancy peas</p> <p>Chocolate crackle tops</p> <p>FSA Allergy List 2,4,7</p>	Cheese and apple	<p>Pork OR Vegetarian (VEG) sausages with mashed potato, carrots and gravy</p> <p>FSA Allergy List 2</p>
Thurs	Fresh Fruit	<p>Chicken OR Roasted red pepper and cannellini bean (VEG) Cacciatore</p> <p>Served with herby crinkle cut potato wedges and fresh vegetables</p> <p>Apple and sultana strudel</p> <p>FSA Allergy List 1,2,14</p>	Banana and blueberry muffins	Children's Choice
Fri	Fresh Fruit	<p>Beef meatballs OR Cheese and lentil balls (VEG) in tomato and basil sauce</p> <p>Served with dressed spaghetti pasta, seasonal vegetables and garlic bread</p> <p>Spinach and cranberry swirl cookie</p> <p>FSA Allergy List 1,2,4,7</p>	Yogurt	<p>Fish OR Vegetable (VEG) fingers with a buttered wholemeal roll and peas</p> <p>FSA Allergy List 2,5,7</p>
	Milk/Water	Water	Milk/Water	Water