



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CHOICE OF PORRIDGE, CORNFLAKES GLUTEN-BARLEY RICE KRISPIES® GLUTEN-BARLEY OR WHOLE WHEAT BREAKFAST CEREAL GLUTEN-WHEAT, BARLEY WITH BROWN AND WHITE TOAST GLUTEN-WHEAT, SOYA				
MORNING SNACK	APPLE & BREADSTICKS GLUTEN-WHEAT	PEAR & CHEESE WHIRLS GLUTEN-WHEAT, DAIRY	BANANA & CRACKERS GLUTEN-WHEAT	MELON & COOKIE GLUTEN-WHEAT	GRAPES & BREAD SOYA, GLUTEN-WHEAT
LUNCH	BEEF COTTAGE PIE WITH CARROTS & PEAS DAIRY	TURKEY ROAST WITH ROAST POTATOES, BROCCOLI AND SWEDE N/A	MACARONI CHEESE WITH HIDDEN CHICK PEAS AND GREEN BEANS SULPHITE, GLUTEN-WHEAT, DAIRY	CHICKEN KORMA WITH RICE & MIXED VEGETABLES SULPHITE, MUSTARD, CELERY, DAIRY	SALMON FILLETS IN SMART CRUMBS WITH ROOT MASH & PARSLEY SAUCE FISH, GLUTEN-WHEAT, DAIRY
VEGETARIAN OPTION	VEGETABLE COTTAGE PIE WITH CARROTS & PEAS DAIRY	QUORN™ TM DIPPERS WITH ROAST POTATOES, BROCCOLI & SWEDE GLUTEN-WHEAT, EGG	MACARONI CHEESE WITH HIDDEN CHICK PEAS AND GREEN BEANS SULPHITE, GLUTEN-WHEAT, DAIRY	VEGETABLE LENTIL KORMA WITH MIXED VEGETABLES SULPHITE, MUSTARD, CELERY, DAIRY	VEGETABLE FINGERS WITH ROOT MASH & PARSLEY SAUCE GLUTEN-WHEAT, DAIRY
DESSERT	BANANA & CUSTARD DAIRY	YOGHURT WITH FRUIT PURÉE DAIRY	COCONUT SPONGE & CUSTARD SULPHITE, GLUTEN-WHEAT, EGG, MILK	PLAIN YOGHURT WITH FRUIT PUREE SOYA, GLUTEN WHEAT	FUDGE TART DAIRY, GLUTEN-WHEAT, SOYA
AFTERNOON SNACK	A SELECTION OF FRUIT AND VEGETABLES WHICH MAY INCLUDE APPLE, PEAR, ORANGE, BANANA AND GRAPES; CARROTS, CUCUMBER AND PEPPERS				
AFTERNOON TEA	VEGETABLE SCOTCH BROTH WITH BREAD GLUTEN-WHEAT-BARLEY, CELERY, SOYA  FLAPJACK GLUTEN-OATS	TUNA MAYO WRAP WITH CARROT & CUCUMBER STICKS FISH, EGG, MUSTARD, GLUTEN-WHEAT  FAIRY CAKES GLUTEN-WHEAT, EGG	HAM, CUCUMBER & TOMATO ROLLS SOYA, GLUTEN-WHEAT  ORANGE	JACKET POTATO WITH BEANS  CHOCOLATE CORNFLAKE CAKES DAIRY, SOYA, GLUTEN-WHEAT-BARLEY	CRACKERS & CHEESE WITH MAYONNAISE & SALAD GLUTEN-WHEAT, EGG, MUSTARD  PEARS



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CHOICE OF PORRIDGE, CORNFLAKES GLUTEN-BARLEY RICE KRISPIES® GLUTEN-BARLEY OR WHOLE WHEAT BREAKFAST CEREAL GLUTEN-WHEAT, BARLEY WITH BROWN AND WHITE TOAST GLUTEN-WHEAT, SOYA				
MORNING SNACK	MELON & COOKIE GLUTEN-WHEAT, OATS	GRAPES & BREADSTICKS GLUTEN-WHEAT	APPLE & PITTA GLUTEN-WHEAT	PEAR & CHEESE WHIRLS GLUTEN-WHEAT, DAIRY	BANANA & CRACKERS GLUTEN-WHEAT
LUNCH	POTATO & VEGETABLE LENTIL GRATIN WITH MIXED VEGETABLES GLUTEN-WHEAT	SAUSAGE CASSEROLE WITH NEW POTATOES, CARROTS & PEAS N/A	CHICKEN CHOW MEIN WITH MACEDOINE VEGETABLES GLUTEN-WHEAT, SOYA, EGG	TUNA & SWEETCORN PASTA WITH BROCCOLI GLUTEN-WHEAT, DAIRY, FISH	ROAST BEEF WITH ROAST POTATOES, YORKSHIRE PUDDING, GREEN BEANS & SWEDE GLUTEN-WHEAT, DAIRY, SOYA, CELERY
VEGETARIAN OPTION	POTATO & VEGETABLE LENTIL GRATIN WITH MIXED VEGETABLES GLUTEN-WHEAT	QUORN™ SAUSAGE CASSEROLE WITH NEW POTATOES, CARROTS & PEAS GLUTEN-WHEAT, BARLEY, SULPHITE, EGG, DAIRY	VEGETABLE CHOW MEIN GLUTEN-WHEAT, SOYA, EGG	QUORN™ & SWEETCORN PASTA WITH BROCCOLI GLUTEN-WHEAT, DAIRY, FISH	BEAN CAKES WITH ROAST POTATOES, YORKSHIRE PUDDING, GREEN BEANS & SWEDE GLUTEN-WHEAT, DAIRY, SOYA, CELERY
DESSERT	FRUIT COBBLER WITH WHIPPED CREAM DAIRY, GLUTEN-WHEAT	JAM SPONGE WITH CUSTARD DAIRY, EGG, SULPHITE, GLUTEN-WHEAT	MACARONI PUDDING GLUTEN-WHEAT, DAIRY	FRUIT JELLY WITH ICE CREAM DAIRY	FRUIT PURÉE WITH YOGHURT DAIRY
AFTERNOON SNACK	A SELECTION OF FRUIT AND VEGETABLES WHICH MAY INCLUDE APPLE, PEAR, ORANGE, BANANA AND GRAPES; CARROTS, CUCUMBER AND PEPPERS				
AFTERNOON TEA	SALMON & VEGETABLE WRAPS WITH VEGETABLE STICKS DAIRY, FISH, MUSTARD, EGGS, GLUTEN-WHEAT  ORANGE	VEGETABLE RAVIOLI & TOAST GLUTEN-WHEAT, SOYA  MUFFIN GLUTEN-WHEAT, DAIRY, EGG	BACON & SWEETCORN CHOWDER DAIRY, CELERY  BANANA	HOT QUICHE & BEANS GLUTEN-WHEAT, DAIRY, EGG  MUESLI SLICE GLUTEN-BARLEY, OATS, SULPHITE	PITTA BREAD WITH TURKEY MAYO & SALAD GLUTEN-WHEAT, EGG, MUSTARD  APPLE



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CHOICE OF PORRIDGE, CORNFLAKES GLUTEN-BARLEY RICE KRISPIES® GLUTEN-BARLEY OR WHOLE WHEAT BREAKFAST CEREAL GLUTEN-WHEAT, BARLEY WITH BROWN AND WHITE TOAST GLUTEN-WHEAT, SOYA				
MORNING SNACK	PEAR & CRACKERS GLUTEN-WHEAT	BANANA & GINGER BISCUITS GLUTEN-WHEAT, DAIRY, EGG	GRAPES & CHEESE WHIRLS GLUTEN-WHEAT, DAIRY	APPLE & BREAD GLUTEN-WHEAT, SOYA	MELON & BREADSTICKS GLUTEN-WHEAT
LUNCH	SALMON THAI CURRY WITH RICE & VEGETABLES FISH	CHICKEN, TOMATO & HERB PASTA BAKE WITH HIDDEN SPINACH GLUTEN-WHEAT	ROAST LAMB WITH ROAST POTATOES, GREEN BEANS & CARROTS GLUTEN-WHEAT, SOYA, CELERY	VEGETABLE MOUSAKKA WITH MIXED VEGETABLES GLUTEN-WHEAT, DAIRY	TURKEY & VEGETABLE PIE WITH NEW POTATOES & BROCCOLI GLUTEN-WHEAT, SOYA, CELERY
VEGETARIAN OPTION	BUTTERNUT SQUASH & RED PEPPER THAI CURRY GLUTEN-WHEAT	TOMATO, LENTIL & HERB PASTA BAKE GLUTEN-WHEAT	QUORN™ FILLETS WITH ROAST POTATOES, GREEN BEANS & CARROTS GLUTEN-WHEAT, SOYA, EGG, CELERY	VEGETABLE MOUSAKKA WITH MIXED VEGETABLES GLUTEN-WHEAT, DAIRY	QUORN™ & VEGETABLE PIE WITH NEW POTATOES & BROCCOLI GLUTEN-WHEAT, SOYA, CELERY, EGG
DESSERT	CHOCOLATE SPONGE & CUSTARD GLUTEN-WHEAT, DAIRY, SOYA, EGG	APPLE SPONGE TART & CUSTARD GLUTEN-WHEAT, DAIRY, EGG	FRUIT PURÉE WITH YOGHURT DAIRY	RICE PUDDING WITH FRUIT DAIRY	FRUIT SALAD & CRÈME FRAICHE DAIRY
AFTERNOON SNACK	A SELECTION OF FRUIT AND VEGETABLES WHICH MAY INCLUDE APPLE, PEAR, ORANGE, BANANA AND GRAPES; CARROTS, CUCUMBER AND PEPPERS				
AFTERNOON TEA	FRENCH STICK PIZZA GLUTEN-WHEAT  PEAR	JACKET POTATO WITH CHEESE DAIRY  ORANGE	SAUSAGE IN A ROLL GLUTEN-WHEAT, SULPHITE, SOYA  CUP CAKE GLUTEN WHEAT, EGG, DAIRY	CHUNKY MINESTRONE SOUP GLUTEN-WHEAT, CELERY, SULPHITE  COOKIE GLUTEN-WHEAT, EGG	TUNA & CUCUMBER SANDWICH GLUTEN-WHEAT, SOYA, FISH, EGG, MUSTARD  FRUIT MUFFIN GLUTEN-WHEAT, EGG



WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CHOICE OF PORRIDGE, CORNFLAKES GLUTEN-BARLEY RICE KRISPIES® GLUTEN-BARLEY OR WHOLE WHEAT BREAKFAST CEREAL GLUTEN-WHEAT, BARLEY WITH BROWN AND WHITE TOAST GLUTEN-WHEAT, SOYA				
MORNING SNACK	BANANA & BREAD GLUTEN-WHEAT	MELON & BREAD GLUTEN-WHEAT, SOYA	PEAR & BREADSTICKS GLUTEN-WHEAT	GRAPE & BISCUITS GLUTEN-WHEAT, GLUTEN-OATS	APPLE & CHEESE WHIRLS GLUTEN-WHEAT, DAIRY
LUNCH	PORK WITH ROAST POTATOES, GREEN BEANS & SWEDE N/A	HADDOCK, NEW POTATOES & CARROTS WITH TOMATO & HERB SAUCE FISH, GLUTEN-WHEAT	BEEF LASAGNE & SALAD GLUTEN-WHEAT, SOYA, EGG	LAMB SHEPHERD'S PIE, PEAS & SWEDE DAIRY	BEAN RATATOUILLE & COUS COUS GLUTEN-WHEAT, CELERY
VEGETARIAN OPTION	VEGETABLE & LENTIL BAKE GLUTEN-WHEAT, DAIRY, CELERY	QUORN™ FILLET, NEW POTATOES & CARROTS WITH A HERB & TOMATO SAUCE EGG	VEGETABLE MINCE LASAGNE WITH SALAD SOYA, GLUTEN-BARLEY	VEGETABLE & BEAN SHEPHERD'S PIE DAIRY	BEAN RATATOUILLE & COUS COUS GLUTEN-WHEAT, CELERY
DESSERT	FRUIT & ICE CREAM DAIRY	APPLE STRUDEL & CUSTARD GLUTEN-WHEAT, SOYA, DAIRY	FRUIT YOGHURT DAIRY	SEMOLINA GLUTEN-WHEAT, DAIRY	FRUIT SPONGE & CUSTARD GLUTEN-WHEAT, EGG, DAIRY
AFTERNOON SNACK	A SELECTION OF FRUIT AND VEGETABLES WHICH MAY INCLUDE APPLE, PEAR, ORANGE, BANANA AND GRAPES; CARROTS, CUCUMBER AND PEPPERS				
AFTERNOON TEA	SALMON SALAD ROLLS FISH, EGG, MUSTARD  PEAR TART GLUTEN-WHEAT, EGG	BUTTERNUT SQUASH CHOWDER WITH PITTA STRIPS CELERY, GLUTEN-WHEAT  FAIRY CAKES EGG, GLUTEN-WHEAT	CHICKEN MAYO WRAPS & VEGETABLE STICKS DAIRY, GLUTEN-WHEAT  ORANGE	PASTA & TOMATO SAUCE WITH HIDDEN LENTILS GLUTEN-WHEAT  MUFFIN GLUTEN-WHEAT, EGG	SCRAMBLED EGG & PANCETTA WITH BREAD & BUTTER EGG, DAIRY, GLUTEN-WHEAT  BANANA



WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CHOICE OF PORRIDGE, CORNFLAKES GLUTEN-BARLEY RICE KRISPIES® GLUTEN-BARLEY OR WHOLE WHEAT BREAKFAST CEREAL GLUTEN-WHEAT, BARLEY WITH BROWN AND WHITE TOAST GLUTEN-WHEAT, SOYA				
MORNING SNACK	GRAPE & BREAD SOYA, GLUTEN-WHEAT	APPLE & BREADSTICKS GLUTEN-WHEAT	MELON & CHEESE WHIRLS GLUTEN-WHEAT, DAIRY	PEAR & CRACKER GLUTEN-WHEAT	BANANA & COOKIE GLUTEN-WHEAT
LUNCH	BUTTERNUT SQUASH, LENTIL RICE RISOTTO WITH PEAS GLUTEN-WHEAT, DAIRY, CELERY	BEEF & VEGETABLE STEW WITH DUMPLINGS & SHREDDED CABBAGE GLUTEN-WHEAT, CELERY	TUNA & SWEETCORN, POTATO PIE WITH MIXED VEGETABLES FISH, DAIRY	ROAST CHICKEN WITH ROAST POTATOES, GREEN BEANS & SWEDE N/A	HAM & TOMATO SPINACH PASTA BAKE WITH GARLIC BREAD GLUTEN-WHEAT
VEGETARIAN OPTION	BUTTERNUT SQUASH, LENTIL RICE RISOTTO WITH PEAS GLUTEN-WHEAT, DAIRY, CELERY	ROOT VEGETABLE STEW WITH DUMPLINGS & SHREDDED CABBAGE GLUTEN-WHEAT, CELERY	RED PEPPER & SWEETCORN POTATO PIE WITH MIXED VEGETABLES DAIRY	QUORN™ FILLET WITH ROAST POTATOES, GREEN BEANS & SWEDE EGG	BUTTER BEAN & TOMATO SPINACH PASTA BAKE WITH GARLIC BREAD GLUTEN-WHEAT
DESSERT	APPLE CRUMBLE WITH CUSTARD GLUTEN-WHEAT	BAKED PINEAPPLE WITH ICE CREAM DAIRY	SEMOLINA GLUTEN-WHEAT, DAIRY	YOGHURT WITH FRUIT PURÉE DAIRY	PEAR SPONGE & CUSTARD GLUTEN-WHEAT, EGG, DAIRY
AFTERNOON SNACK	A SELECTION OF FRUIT AND VEGETABLES WHICH MAY INCLUDE APPLE, PEAR, ORANGE, BANANA AND GRAPES; CARROTS, CUCUMBER AND PEPPERS				
AFTERNOON TEA	SALMON FRITTATA FISH, EGG, DAIRY  PEAR	JACKET POTATO WITH CHEESE DAIRY, EGG, MUSTARD  CUP CAKE GLUTEN-WHEAT, EGG	PASTA & LENTIL BAKE GLUTEN-WHEAT  ORANGE	CREAMY VEGETABLE CHOWDER CELERY, DAIRY  MUESLI SLICE SULPHITE, DAIRY, EGG GLUTEN-WHEAT, BARLEY	VEGETABLE CHILLI WRAPS GLUTEN-WHEAT  BREAD PUDDING DAIRY, EGG, SOYA, GLUTEN-WHEAT, SULPHITE