|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 1 |  |  |  |  |  |
| Breakfast | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits |
| Snack | Choice of fruits and crackers | Choice of fruits and crackers | Choice of fruits and crackers | Choice of fruits and crackers | Choice of fruits and crackers |
| Lunch | Meatballs, roast potatoes, peas and sweet corn | Chicken curry with rice and naan bread | Meat lasagne with salad | Smoked Mackerel or Salmon Fishcake with Egg and Green Bean Salad | Ratatouille with rice and pitta |
| Snack | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit |
| Tea | Pitta bread, hummus cheese, ham and salads | fish fingers mash potatoes and peas | Wraps with salad, a choice of meats and cheese | Sausages mash and peas | Homemade pizza and salad |

Meatballs contain – beef mince, onions, wheat,

Roast potatoes – potatoes veg or olive oil

Chicken curry contains – chicken, sweet potatoes, peppers, lemon grass, sunflower oil, coriander shallots, green chilli, sugar, turmeric, kaffir leaf, red chilli, tapioca, cumin, ginger, galangal, mustard, coriander, fenugreek fennel. Coconut milk

Naan – contains wheat, salt Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sugar, Yeast, Spirit Vinegar, Kalonji Seeds, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphate), Garlic (0.8%), Dried Parsley, Salt, Flavouring, Preservative (Calcium Propionate), Dried Skimmed **Milk**, Ground Coriander

Lasagne contains: - cream sauce – water, milk rapeseed oil, maize starch, coconut oil, xanthan gum

Dairy free Lasagne sauce, water, rapeseed oil, maize starch, sugar salt, coconut, salt black pepper, garlic, white pepper.

Tomatoes, basil, oregano.

Dairy free sauce – water rapeseed oil, maize starch, coconut, salt, black pepper, garlic, white pepper.

Butternut squash hash contains; - butternut squash, veg or olive oil, onions, pasta, (wheat) Fried egg

Ratatouille contains – aubergine, courgette, tomatoes, onions, basil, oregano rice, pitta bread (wheat) i

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 2 |  |  |  |  |  |
| Breakfast | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits |
| Snack | Choice of fruits and crackers | Choice of fruits and crackers | Choice of fruits and crackers | Choice of fruits and crackers | Choice of fruits and crackers |
| Lunch | Pork stir fry  And noodles | Tuna pasta bake with salad | Spanish chicken with olives and rice | Vegetable curry with rice and naan | Vegetable and Bean Chilli with Rice |
| Snack | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit |
| Tea | Sausages mash and peas | Jacket potatoes with a choice of toppings | Wrap with a choice of filling and salad | Mini ploughmen’s with cheese, and choice of fillings | Fish fingers, potatoes and peas |

Pork stir fry – peeper, carrots, broccoli, pork, aubergine (meat) noodles (wheat) water, egg, **DF**

Spanish chicken contains – tomatoes, basil, oregano, chicken, olives, carrots potatoes. **GF, DF**

Vegetable curry contains, sweet potatoes, peppers, lemon grass, sunflower oil, coriander shallots, green chilli, sugar, turmeric, kaffir leaf, red chilli, tapioca, cumin, ginger, galangal, mustard, coriander, fenugreek fennel. Coconut milk rice **GF, DF, V**

Naan bread, Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sugar, Yeast, Spirit Vinegar, Kalonji Seeds, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphate), Garlic (0.8%), Dried Parsley, Salt, Flavouring, Preservative (Calcium Propionate), Dried Skimmed **Milk**, Ground Coriander

Tuna pasta bake contains- tuna, pasta (wheat) cheese sauce - Whole **Milk**, Water, Cream (**Milk**) (18%), Cheddar Cheese (**Milk**) (15%), Seasoning, Cheese Powder (**Milk**), Garlic, Seasoning contains: Corn Starch, Dried Whole **Milk**, **Wheat** Flour, Salt, Maltodextrin, Sugar, Mushroom Extract Powder, Yeast Extract, Tomato, Onion, Carrot Extract, Flavouring. Sweet corn

Salad – tomato, cucumber, pepper, grated carrot

Vegetable and bean chilli with rice- tomatoes, basil, oregano, mince, carrots, courgette chilli, chickpeas and kidney beans.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 3 |  |  |  |  |  |
| Breakfast | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits | Choice of cereals, toast and fruits |
| Snack | Choice of fruits and crackers | Choice of fruits and crackers | Choice of fruits and crackers | Choice of fruits and crackers | Choice of fruits and crackers |
| Lunch | Bolognese and spaghetti | Butternut squash hash with a fried egg | Beef stir fry and noodles | Fish curry with rice and naan bread | Vegetable lasagne with salad |
| Snack | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit | Choice of toast or crumpets with fruit |
| Tea | Pitta bread, hummus cheese, ham and salads | Sausages mash and peas | Wrap with a choice of filling and salad | Jacket potatoes with a choice of toppings | Fish fingers, potatoes and peas |

beef stir fry – peeper, carrots, broccoli, shredded beef steak, aubergine (meat) noodles (wheat) water, egg

Lasagne contains: - cream sauce – water, milk rapeseed oil, maize starch, coconut oil, xanthan gum

Pasta – wheat

Dairy free Lasagne sauce, water, rapeseed oil, maize starch, sugar salt, coconut, salt black pepper, garlic, white pepper.

Tomatoes, basil, oregano.

Bolognese – tomatoes, basil, oregano, mince beef, carrots, courgette. Spaghetti – wheat water

Butternut squash hash contains; - butternut squash, veg or olive oil, onions, pasta, (wheat) Fried egg

Fish curry contains -fish – cod or haddock, sweet potatoes, peppers, lemon grass, sunflower oil, coriander shallots, green chilli, sugar, turmeric, kaffir leaf, red chilli, tapioca, cumin, ginger, galangal, mustard, coriander, fenugreek fennel. Coconut milk rice

Tea menu-

Choice of filling for wraps and pitta – ham, chicken, cheese, tuna mayo, cucumber, tomatoes, olives, sweet corn, lettuces, Spinach

Jacket potatoes all of the above including baked beans, Haricot Beans (44%), Tomato Puree (27%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Maltodextrin, Spice Extracts, Flavouring

Sausages – pork, water rusk- wheat flour, salt spices nutmeg, mace, white peeper ginger. Preservative – sodium Mata-bisulphite.

Fish fingers- fish, breadcrumbs, wheat flour yeast salt spices, water

Pitta - Wholemeal wheat, water yeast, milk powder

Baked rolls- wheat flour, broad bean flour, antioxidant, ascorbic acid