

Menu w/c			
MENU A			
DAY	Morning Snack	Cooked Lunch	Tea
<b>MONDAY</b>	Bananas and Gluten Free Rice Cakes	Baked Potatoes with Tuna, Beans and Cheese  Homemade Biscuit or Cake	Bagels, Thins, Sandwiches or Wraps with Dairyfree, Chicken and Cucumber (Babies - Toasted Sliced Cheese Sandwiches only)  Apples Slices
<b>MONDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Freee)	Serve with beans and dairy free cheese only  Free from Biscuit or Cake	Dairy, Soya, Egg and Gluten Free from alternatives with dairy free soft cheese
<b>TUESDAY</b>	Warmed Crumpets with Dairy Free Spread	Vegetarian Pasta Bolognese with Egg Free Vegetarian Mince and Sweetcorn  Sliced Bananas and Warm Custard	Puff Pastry Pizza with Cheese and Tomato with Sweet Peppers  Melon Slices
<b>TUESDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Freee)	Normal beef bolognese for soya free children Gluten Free Pasta Omit custard	Dairy, Soya, Egg and Gluten Free from alternatives with dairy free cheese
<b>WEDNESDAY</b>	Apple Slices and Fruity Oat Biscuit	Pork Goulash with Rice, Carrots and Broccoli  Pineapple and Peach Slices	Crackers, Hummus, Cheese Cubes and Carrot Sticks  Pear Slices
<b>WEDNESDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Freee)	Moroccan Egg Free Quorn with Rice and Peas Omit Raisins if sulphites are are allergen for child	Dairy, Soya, Egg and Gluten Free from alternatives with dairy free cheese Guacamole instead of Hummus
<b>THURSDAY</b>	Pear Slices and Breadsticks	Chicken Chow Mein with Whole-Wheat Noodles  Natal Yoghurt and Dried Fruit (Apricots, Sultanas or Cranberries)	Cold pasta salad with ham in a tomato sauce and Cucumber  Banana
<b>THURSDAYS ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Freee)	Vegetarian Chow Mein and Rice Noodles Omit Raisins if sulphites are an allergen for child Coconut Collaborative or Alpro Yoghurt	Dairy, Soya, Egg and Gluten Free from alternatives
<b>FRIDAY</b>	Granola, Natural Yoghurt and Seasonal Fruit (Raspberries, Strawberries, Blackberries etc)	Moroccan Lamb with Rice and Peas  Mango and Melon Slices	Tea Platter with Sausage Rolls, Breadsticks, Cheese Cubes and Cherry Tomatoes  Manderin slices (Babies and Toddlers) Clementines (Pre-School)
<b>FRIDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Freee) Omit strawberries if allergen for child Coconut Collaborative or Alpro Yoghurt	Vegetarian Goulash with rice, pepper, carrots and broccoli	Dairy, Soya, Egg and Gluten Free from alternatives Swap sausage rolls for rice cakes with hummus and dairy free cheese

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MENU B			
DAY	Morning Snack	Cooked Lunch	Tea
<b>MONDAY</b>	Warmed Crumpets with Dairy Free Spread	Sweet and Sour Egg Free Quorn Alternative with Wholewheat Noodles and Sweetcorn  Sliced Bananas and Warm Custard	Puff Pastry Pizza with Cheese and Tomato with Sweet Peppers  Melon Slices
<b>MONDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Free)	Gluten Free Noodles  Omit custard if no dairy	Dairy, Soya, Egg and Gluten Free from alternatives with dairy free cheese and hummus instead of dips
<b>TUESDAY</b>	Apple Slices and Fruity Oat Biscuit	Mince Beef Chilli with Rice and Carrots  Pineapple and Peach Slices	Crackers, Hummus, Cheese Cubes and Carrot Sticks  Pear Slices
<b>TUESDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Free)	Vegetarian Chilli with Egg Free Quorn Mince, Rice and Carrots	Dairy, Soya, Egg and Gluten Free from alternatives with dairy free cheese Guacamole instead of Hummus
<b>WEDNESDAY</b>	Pear Slices and Breadsticks	Chicken Curry with Rice and Peas  Natural Yoghurt and Dried Fruit (Apricots, Sultanas or Cranberries)	Cold pasta salad with ham in a tomato sauce and Cucumber  Banana
<b>WEDNESDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Free)	Vegetarian Curry with Egg Free Quorn, Rice and Peas  Coconut Collaborative or Alrpo Yoghurt	Dairy, Soya, Egg and Gluten Free from alternatives
<b>THURSDAY</b>	Granola, Natural Yoghurt and Seasonal Fruit (Raspberries, Strawberries, Blackberries etc)	Fishfingers, Homemade Potato Wedges and Beans  Mango and Melon Slices	Tea Platter with Sausage Rolls, Breadsticks, Cheese Cubes and Cherry Tomatoes  Mandarin slices (Babies and Toddlers) Clementines (Pre-School)
<b>THURSDAYS ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Free) Omit strawberries if allergen for child Coconut Collaborative or Alrpo Yoghurt	Vegetarian fingers	Dairy, Soya, Egg and Gluten Free from alternatives Swap sausage rolls for rice cakes with hummus and dairy free cheese
<b>FRIDAY</b>	Bananas and Gluten Free Rice Cakes	Turkey Mince Lasagne with Sweetcorn  Homemade Biscuit or Cake	Bagels, Thins, Sandwiches or Wraps with Dairyless, Ham or Chicken and Cucumber (Babies - Toasted Sliced Cheese Sandwiches only)  Apples Slices
<b>FRIDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Free)	Vegetarian Lasagne  Free from Biscuit or Cake	Dairy, Soya, Egg and Gluten Free from alternatives with dairy free soft cheese

Menu w/c			
MENU C			
DAY	Morning Snack	Cooked Lunch	Tea
<b>MONDAY</b>	Apple Slices and Fruity Oat Biscuit	Meatballs in a Tomato Sauce with Pasta and Broccoli  Pineapple and Peach Slices	Crackers, Hummus, Cheese Cubes and Carrot Sticks  Pear Slices
<b>MONDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Freee)	Vegetarian Egg Free Meatballs in a tomato sauce with Broccoli Gluten free pasta	Dairy, Soya, Egg and Gluten Free from alternatives with dairy free cheese Guacamole instead of Hummus
<b>TUESDAY</b>	Pear Slices and Breadsticks	Moroccan lamb with rice and peas  Natural Yoghurt and Dried Fruit (Apricots, Sultanas or Cranberries)	Cold pasta salad with ham in a tomato sauce and Cucumber  Banana
<b>TUESDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Freee)	Moroccan Quorn with Egg Free Quorn, Rice and Peas  Coconut Collaborative or Alpro Yoghurt	Dairy, Soya, Egg and Gluten Free from alternatives
<b>WEDNESDAY</b>	Granola, Natural Yoghurt and Seasonal Fruit (Raspberries, Strawberries, Blackberries etc)	Breaded Cod with Homemade Potato Wedges and Baked Beans  Mango and Melon Slices	Tea Platter with Sausage Rolls, Breadsticks, Cheese Cubes and Cherry Tomatoes  Mandarin slices (Babies and Toddlers) Clementines (Pre-School)
<b>WEDNESDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Freee) Omit strawberries if allergen for child Coconut Collaborative or Alpro Yoghurt	Plain Cod or Vegetarian Fingers	Dairy, Soya, Egg and Gluten Free from alternatives Swap sausage rolls for rice cakes with hummus and dairy free cheese
<b>THURSDAY</b>	Bananas and Gluten Free Rice Cakes	Mighty Mac 'N' Cheese with Broccoli and Sweetcorn  Homemade Biscuit or Cake	Bagels, Thins, Sandwiches or Wraps with Dairy Lea, Ham or Chicken and Cucumber (Babies - Toasted Sliced Cheese Sandwiches only)  Apples Slices
<b>THURSDAYS ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Freee)	Dairy, Egg and Soya free alternatives Gluten free pasta Free from Biscuit or Cake	Dairy, Soya, Egg and Gluten Free from alternatives with dairy free soft cheese
<b>FRIDAY</b>	Warmed Crumpets with Dairy Free Spread	Chicken and Chorizo in a Tomato Sauce with Rice and Peas  Sliced Bananas and Warm Custard	Puff Pastry Pizza with Cheese and Tomato with Sweet Peppers  Melon Slices
<b>FRIDAY ALTERNATIVES</b>	Lactose Free, Dairy, Soya, Egg and Gluten Free items (Freee)	Egg Free Quorn Pieces in a herby tomato sauce with rice and peas Omit custard if no dairy	Dairy, Soya, Egg and Gluten Free from alternatives with dairy free cheese