

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|------------------------------------|---|
| Breakfast | Rude Health cereal and fresh fruit selection G, Da | Weetabix and banana G, Da | Rude Health cereal and plums G, Da | Weetabix and pears G, Da | Rude Health cereal and fresh fruit selection G, Da |
| AM Snack | Muffins and satsumas G, S | Bagels and plums G | Crackers and melon G | Pitta and apples G | Muffins and banana G, S |
| Lunch | Tuna pasta (wholemeal) bake F, G | Turkey and sweet potato curry with rice | Shepherd's pie | Mixed bean tagine | Chicken and vegetable stew with mash |
| Alternative | Lentil Bake | Chickpea and sweet potato curry with rice | Bean pie | | Lentil and vegetable stew with mash |
| Side dish | Grated mild cheddar cheese Da | Raita Da | Seasonal vegetables | Cous Cous G | Cauliflower |
| Second course | Watermelon | Rice pudding with raspberry puree Da | Pineapple | Yoghurt with mango puree Da | Orange Smiles |
| PM snack | Nectarines and peppers | Melon and tomatoes | Apples and cucumber | Satsumas and peppers | Plums and carrots |
| Tea | Red pepper houmous and cheese rolls Se, G, Da | Homemade BBQ beans with jacket potato Mu | Coronation chicken and spinach wraps G, Da | Curried parsnip soup | Salmon and cream cheese 50/50 sandwiches F, Da, G |
| Alternative | | | Coronation bean and spinach wraps G, Da | | Cream cheese and cucumber 50/50 sandwiches G, Da |
| Side dish | Carrot sticks | Salad | Sweetcorn | Naan bread fingers G | Cherry tomatoes |
| Second course | Apricots | Pears | Peach crumble and custard G, Da | Melon | Pineapple |

Allergen Key G (Gluten) F (Fish) Da (Dairy) E (Egg) Ce (Celery) Su (Sulphates) S (Soya) Mu (Mustard)

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|--|--|--|--|
| Breakfast | Weetabix and banana G, Da | Rude Health cereal and fresh fruit selection G, Da | Weetabix and pears G, Da | Rude Health cereal and bananas G, Da | Rude Health cereal and fresh fruit selection G, Da |
| AM Snack | Crackers and melon G | Wholemeal pitta and apples G | Muffins and satsuma G, S | Bagel and plums G | Pitta and pineapple G |
| Lunch | Red or green thai fish curry with rice F | Cottage pie | Chilli beans and cous cous G | Chicken roast | Beef bolognaise with wholemeal spaghetti G |
| Alternative | Red or green chickpea curry with rice | Bean pie | | Veggie roast | Lentil bolognaise |
| Side dish | Sweetcorn | Seasonal vegetables | Broccoli florets | Potatoes, swede, carrot | Grated mild cheddar cheese Da |
| Second course | Yoghurt with berry puree Da | Pineapple | Braised apples with raisins and yoghurt Da | Watermelon or melon | Crusty break with Tzatziki G, Da |
| PM snack | Apples and cucumber | Plums and carrots | Nectarines and peppers | Pears and cucumber | Oranges and tomatoes |
| Tea | Egg and cress wholemeal pitta pockets E, G, Da | Sweet potato and lentil soup | Butternut scones Da, G | Broccoli and cauliflower mac and cheese G, Da | Houmous and cucumber wraps Se, G |
| Alternative | Houmous or dairy free cheese wholemeal pitta pockets E, G, Da | | | | |
| Side dish | Sweetcorn and tomato salad | Crusty bread G | Houmous and vegetable sticks Se | Peas | Pepper sticks |
| Second course | Banana | Peach and cream Da | Melon | Plums | Apricots |

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|---|---|--|---|--|
| Breakfast | Rude Health cereal and fresh fruit selection G, Da | Rude Health cereal and oranges G, Da | Weetabix and banana G, Da | Rude Health cereal and fresh fruit selection G, Da | Weetabix and pears G, Da |
| AM Snack | Pitta and pears G | Muffins and banana G, S | Bagel and plums G | Muffins and satsuma G, S | Crackers and melon G |
| Lunch | Salmon and broccoli pasta bake F, Da, G | Turkey roast | Chickpea and cauliflower korma with wholemeal rice | Vegetable and lentil stew Ce | Beef goulash with cous cous G |
| Alternative | Red or green chickpea curry with rice | Veggie roast | | | Bean goulash with cous cous |
| Side dish | Peas | Potatoes and seasonal vegetables | Green beans | Bubble and squeak mash | Carrots |
| Second course | Mandarins | Peach semolina Da, G | Pears | Apple crumble and yoghurt Da, G | Wholemeal pitta with beetroot tzaziki G, Da |
| PM snack | Plums and carrots | Apples and cucumber | Melon and tomatoes | Pears and peppers | Satsumas and peppers |
| Tea | Egg and cress 50/50 sandwiches E, G, Da | Vegetables in tomato and basil sauce with cous cous or wholemeal pasta G | Cheese and houmous roles Da, G, Se | Zesty chicken wrap Da, G | Butternut squash soup |
| Alternative | Cream cheese and tomato 50/50 sandwiches G, Da | | Houmous or turkey slice roll Se, G | Houmous wrap Se, G | |
| Side dish | Cucumber sticks | Grated mild cheddar cheese Da | Carrot and celery sticks Ce | Cherry tomatoes | Wholemeal bread G |
| Second course | Apples | Pineapple | Apricots | Melon | Bananas |

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