



MENU WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal /Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast
SNACK	Melon	Banana	Orange	Banana	Strwaberries/Blueberries
LUNCH	Vegetable Soup V, GF	Vegetable Lasagne V	Soup	Vegetable Curry V, GF	Fishfingers or Quorn Sausages V , Mash, Beans
	Cottage Pie GF or		Peas		
	Quorn Cottage Pie V	Carrot Cake V	Maccaroni Cheese V		
SNACK	Hummus, Ritz	Cheese, Pineapple	Strawberry, Melon	Crumpets	Banana
DINNER	Ham, Cheese Toastie Cucumber Yogurt	Soup Leek, Potato Fruit Yogurt	Oatcakes with cheese	Jacket Potato tuna/cheese Fruit Yogurt	Pizza Bagel Fruit Yogurt

Gluten Free GF Options Available

Vegetarian Alternative **V**

Vegan Options Available