

Autumn/Winter Week 1 meal plan

	BREAKFAST	SNACK	LUNCH	SNACK	TEA		
MONDAY	<p>SELECTION OF CEREALS OR TOAST WITH SPREAD</p> <p>CONTAINS: MILK & WHEAT</p>	<p>SCRAMBLED EGG ON WHOLEMEAL TOAST + MILK OR WATER</p> <p>CONTAINS: EGG & WHEAT</p>	<p>SPAGHETTI POMODORO WITH CHICKEN OR TOFU MILANESE</p> <p>PUDDING: VEGAN BLUEBERRY MUFFINS</p> <p>CONTAINS: EGG, WHEAT, SOYA</p>	<p>BABY CORN WITH MANGETOUT + MILK OR WATER</p>	<p>VEGAN PESTO COUSCOUS AND SALAD WITH HAM OR TOFU</p> <p>CONTAINS: WHEAT, SOYA</p>	<p>NOTE: FRESH DRINKING WATER IS AVAILABLE AND ACCESSIBLE AT ALL TIMES.</p>	
TUESDAY	<p>SELECTION OF CEREALS OR TOAST WITH SPREAD</p> <p>CONTAINS: MILK & WHEAT</p>	<p>BAGELS WITH SPREAD OR MARMITE + MILK OR WATER</p> <p>CONTAINS: BARLEY, RYE, WHEAT</p>	<p>QUORN OR TURKEY & LENTIL, SWEET POTATO TOPPED, SHEPHERD'S PIE WITH CORN ON THE COB</p> <p>PUDDING: PEAR & BLACKBERRY COMPOTE WITH COCONUT YOGURT</p> <p>CONTAINS: BARLEY, RYE, WHEAT EGGS.</p>	<p>FRESH FRUITS + MILK OR WATER</p>	<p>SPINACH AND FETA OMELETTE WITH PEAS & SWEETCORN</p> <p>CONTAINS: EGG & MILK</p>	<p>NOTE: FRESH DRINKING WATER IS AVAILABLE AND ACCESSIBLE AT ALL TIMES.</p>	
WEDNESDAY	<p>SELECTION OF CEREALS OR TOAST WITH SPREAD</p> <p>CONTAINS: MILK & WHEAT</p>	<p>VEGAN BANANA PORRIDGE + MILK OR WATER</p> <p>CONTAINS: OAT'S</p>	<p>TURKEY OR VEGAN MEATBALLS WITH RAGU SAUCE AND VEGETABLES</p> <p>PUDDING: PINEAPPLE UPSIDE DOWN CAKE WITH CREME ANGLAISE OR VEGAN ALTERNATIVE</p> <p>CONTAINS: WHEAT + MILK</p>	<p>MINI CUCUMBERS WITH CHERRY TOMATOES + MILK OR WATER</p>	<p>1/2 BAKED POTATO WITH DAIRY OR VEGAN CHEESE AND BEANS</p> <p>CONTAINS: MILK</p>	<p>NOTE: FRESH DRINKING WATER IS AVAILABLE AND ACCESSIBLE AT ALL TIMES.</p>	
THURSDAY	<p>SELECTION OF CEREALS OR TOAST WITH SPREAD</p> <p>CONTAINS: MILK & WHEAT</p>	<p>BRIOCHE ROLLS OR DAIRY FREE CRUMPETS + MILK OR WATER</p> <p>CONTAINS: EGGS, MILK, WHEAT</p>	<p>FISH OR VEGAN CAKES WITH BASMATI & QUINOA RICE AND VEGETABLES</p> <p>PUDDING: RICE PUDDING OR COCONUT YOGURT WITH MIXED BERRIES</p> <p>CONTAINS: FISH, WHEAT, MILK</p>	<p>FRESH FRUITS + MILK OR WATER</p>	<p>WHOLEMEAL FLATBREAD MARGARITA PIZZA SLICES WITH SWEET POTATO WEDGES</p> <p>DAIRY OR VEGAN CHEESE OPTIONS</p> <p>CONTAINS: WHEAT + MILK</p>	<p>NOTE: FRESH DRINKING WATER IS AVAILABLE AND ACCESSIBLE AT ALL TIMES.</p>	

Menu will be adjusted to suit according to dietary/allergy requirements: Milk Alternative offered daily and all butter used is dairy free
 Food allergens listed above: Please speak to our team about the ingredients in the meals provided.

Autumn/Winter Week 2 meal plan

BREAKFAST

SNACK

LUNCH

SNACK

TEA

MONDAY

SELECTION OF CEREALS
OR
TOAST WITH SPREAD

CONTAINS: MILK & WHEAT

BREADSTICKS WITH DAIRY OR VEGAN CHEESE
+
MILK OR WATER

CONTAINS: MILK

TUNA SWEETCORN BITES WITH BEANS
PUDDING: APPLE & BLACKBERRY CRUMBLE WITH CHANTILLY CREAM OR VEGAN YOGURT
CONTAINS: EGG

FRESH FRUITS
+
MILK OR WATER

ASSORTED SANDWICHES

MAY CONTAIN: EGG, FISH, MILK SOYA

NOTE: FRESH DRINKING WATER IS AVAILABLE AND ACCESSIBLE AT ALL TIMES.

TUESDAY

SELECTION OF CEREALS
OR
TOAST WITH SPREAD

CONTAINS: MILK & WHEAT

TOASTED WAFFLES WITH FRESH FRUIT
+
MILK OR WATER

CONTAINS: EGGS, LUPIN, MILK, WHEAT.

QUORN OR TURKEY SPAGHETTI BOLOGNAISE
PUDDING: BANANAS WITH VEGAN OR DAIRY CUSTARD
CONTAINS: MILK & WHEAT

SUGAR SNAP PEAS WITH CUCUMBER
+
MILK OR WATER

COURGETTE AND TOMATO SWIRLS WITH BEANS

CONTAINS: WHEAT

NOTE: FRESH DRINKING WATER IS AVAILABLE AND ACCESSIBLE AT ALL TIMES.

WEDNESDAY

SELECTION OF CEREALS
OR
TOAST WITH SPREAD

CONTAINS: MILK & WHEAT

OATCAKES AND SATSUMAS
+
MILK OR WATER

CONTAINS: OATS

CHICKEN OR VEGAN ALTERNATIVE KATSU CURRY
PUDDING: HOMEMADE APPLE PIE
CONTAINS: SOY, EGGS, WHEAT.

FRESH FRUITS
+
MILK OR WATER

RED PEPPER AND SUN DRIED TOMATO RIGATONI WITH GARLIC BREAD

CONTAINS: MILK, WHEAT.

NOTE: FRESH DRINKING WATER IS AVAILABLE AND ACCESSIBLE AT ALL TIMES.

THURSDAY

SELECTION OF CEREALS
OR
TOAST WITH SPREAD

CONTAINS: MILK & WHEAT

DAIRY FREE MIXED SPICE PORRIDGE WITH FRUIT & ORGANIC AGAVE
+
MILK OR WATER

CONTAINS: OATS

MEXICAN BEAN SOUP WITH WARM TORTILLAS
PUDDING: RASPBERRY & COCONUT LOAF
CONTAINS: MILK & WHEAT

CARROT AND CELERY STICKS
+
MILK OR WATER

CONTAINS: CELERY

ROASTED VEGETABLES WITH HUMMUS PANINI ROLLS

CONTAINS: SESAME.

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