

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals or toast with vitality butter. Allergens: Oats, barley and wheat	Selection of cereals or toast with vitality butter. Allergens: Oats, barley and wheat	Selection of cereals or toast with vitality butter. Allergens: Oats, barley and wheat	Selection of cereals or toast with vitality butter. Allergens: Oats, barley and wheat	Selection of cereals or toast with vitality butter. Allergens: Oats, barley and wheat
MORNING SNACK	Oatcakes and banana Allergens: Oats	Fruit loaf with vitalite butter and satsuma Allergens: Soya and wheat May contain: Milk and sesame	Oatcakes and banana Allergens: Oats	Fruit loaf with vitalite butter and satsuma Allergens: Soya and wheat May contain: Milk and sesame	Oatcakes and banana Allergens: Oats
LUNCH	Sausages, mash, peas and gravy Vegi sticks, mash, peas and free from gravy Allergens: Wheat	Sweet and sour chicken and vegetables with rice Vegan chicken pieces with sweet and sour vegetables and rice Allergens: Chicken	Turkey meatballs in a tomato and basil sauce, pasta and broccoli Vegan mince meatballs in a tomato and basil sauce, pasta and broccoli Allergens: Barley, soya, turkey and wheat	Beef burgers with wedges and sweetcorn Vegetable bean burgers with wedges and sweetcorn Allergens: Beef and wheat	Macaroni cheese with roasted vegetables Vegan macaroni cheese with roasted vegetables Allergens: Wheat and milk
AFTERNOON SNACK	Fruit loaf with vitalite butter and satsuma Allergens: Soya and wheat May contain: Milk and sesame	Oatcakes and banana Allergens: Oats	Fruit loaf with vitalite butter and satsuma Allergens: Soya and wheat May contain: Milk and sesame	Oatcakes and banana Allergens: Oats	Fruit loaf with vitalite butter and satsuma Allergens: Soya and wheat May contain: Milk and sesame
TEA	Cream cheese and ham wraps with cucumber Vegan cream cheese and vegan chicken slices wraps with cucumber Allergens: Wheat, soya, milk and pork	Jacket potato with beans and cheese Jacket potato with beans and vegan cheese Allergens: Milk	Roasted vegetable cous cous and cucumber Roasted vegetable cous cous and cucumber Allergens: Wheat May contain: Barley	Egg and vegetable fried rice Vegetable fried rice Allergens: Egg	Fish finger sandwiches with pepper sticks and vegan mayo Vegi stick sandwiches with pepper sticks and vegan mayo Allergens: Fish, wheat, barley and soya.