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|  **WEEK 1** | **Breakfast** | **AM Snack** | **Lunch** | **PM Snack** | **Tea** |
| **Monday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit**W O B W** | WholemealToastBananas**W S** | Vegetable SoupWheaten Bread**W M C** |  Selection of Fruit Natural Yoghurt**M** | Pitta Pizzas with Tomato pureeHam and Cheese**W M** |
| **Tuesday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit**W O B W** | Crackers, Sliced CheeseGrapes**W M** | Chicken Casserole with carrots and onionsMashed potato | Wheaten bread, cheese and fruit**W DA** | Chicken Sweetcorn Pasta Bake**F W** |
| **Wednesday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, FruitW O B W | Selection of Fruit and Yoghurt**M** | Irish Stew | PancakesAnd Raisins**W E M** | Scrambled Egg and Wholemeal Toast**E M W S** |
| **Thursday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, FruitW O B W | BreadsticksSour Cream and Chive Dip**W** B **M E** | Chicken Korma and Boiled Rice**M** | Veda Bread And CheeseApples**W B S**  | HotdogsandSpaghetti Hoops**W**  |
| **Friday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, FruitW O B W | Muffins and Boiled Eggs**W** E | Potato and Leek SoupBread Roll**W** | Wholemeal Toast and Beans**W S** | Tomato And Herb Pasta Bake |

**E – EGG, G – Gluten, DA- Dairy, W – Wheat, S – Soya, C – Celery, M – Milk, O – Oat, B – Barley**

**W – Wholewheat, S – Sesame Seed, F- Fish, R- Rye, M – Mustard**

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| **WEEK 2** | **Breakfast** | **AM Snack** | **Lunch** | **PM Snack** | **Tea** |
| **Monday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit**W O B W** | Selection of Fruit Natural Yoghurt**M** | Beef Pasta Bolognaise**W** | WholemealToastBananas**W S** | Cream of Vegetable Soup And Wheaten Bread**W M C** |
| **Tuesday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit**W O B W** | Bagels, cream cheese and fruit**DA** | Chicken curryAnd Boiled Rice | Crackers, Sliced CheeseGrapes**W M** | Scrambled Egg and Wholemeal Toast**E W S** |
| **Wednesday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit**W O B W** | PancakesAnd Raisins**W E M** | Lasagne and Garlic Bread**W** | Selection of Fruit and Yoghurt**M** | Cheese Toasty FingersAnd Sliced Apple**M W S** |
| **Thursday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit**W O B W** | Veda Bread And CheeseApples**W B S** | Steak CasseroleMixed Vegetables Mashed Potato**W S B** | BreadsticksSour Cream and Chive Dip**W B M E** | Toasted Bagels with Cream CheeseAnd Ham**W B R M** |
| **Friday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, FruitW O B W | Wholemeal Toast and Beans**W S** | Chicken and Vegetable SoupAnd Finger Rolls**C** | Muffins and Boiled Eggs**W E** | Pasta Carbonara Bake**W M M** |

 **E – EGG, G – Gluten, DA- Dairy, W – Wheat, S – Soya, C – Celery, M – Milk, O – Oat, B – Barley**

**W – Wholewheat, S – Sesame Seed, F- Fish, R- Rye, M – Mustard**