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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** | Wholemeal  Toast  Bananas  **W S** | Vegetable Soup  Wheaten Bread  **W M C** | Selection of Fruit Natural Yoghurt  **M** | Pitta Pizzas with Tomato puree  Ham and Cheese  **W M** |
| **Tuesday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit  **W O B W** | Crackers, Sliced Cheese  Grapes  **W M** | Chicken Casserole with carrots and onions  Mashed potato | Wheaten bread, cheese and fruit  **W DA** | Chicken Sweetcorn Pasta Bake  **F W** |
| **Wednesday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit  W O B W | Selection of Fruit and Yoghurt  **M** | Irish Stew | Pancakes  And  Raisins  **W E M** | Scrambled Egg and Wholemeal Toast  **E M W S** |
| **Thursday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit  W O B W | Breadsticks  Sour Cream and Chive Dip  **W** B **M E** | Chicken Korma and Boiled Rice  **M** | Veda Bread  And  Cheese  Apples  **W B S** | Hotdogs  and  Spaghetti Hoops  **W** |
| **Friday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit  W O B W | Muffins and Boiled Eggs  **W** E | Potato and Leek Soup  Bread 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** | Wholemeal  Toast  Bananas  **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 curry  And  Boiled Rice | Crackers, Sliced Cheese  Grapes  **W M** | Scrambled Egg and Wholemeal Toast  **E W S** |
| **Wednesday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit  **W O B W** | Pancakes  And  Raisins  **W E M** | Lasagne and Garlic Bread  **W** | Selection of Fruit and Yoghurt  **M** | Cheese Toasty Fingers  And  Sliced Apple  **M W S** |
| **Thursday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit  **W O B W** | Veda Bread  And  Cheese  Apples  **W B S** | Steak Casserole  Mixed Vegetables  Mashed Potato  **W S B** | Breadsticks  Sour Cream and Chive Dip  **W B M E** | Toasted Bagels with Cream Cheese  And  Ham  **W B R M** |
| **Friday** | Multigrain Hoops, Bran Flakes, Weetabix, Rice Krispies, Cornflakes, Fruit  W O B W | Wholemeal Toast and Beans  **W S** | Chicken and Vegetable Soup  And 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**