



## Menu - Week one

Fresh drinking water available throughout the day.

Dairy free and vegetarian options provided for all dishes containing dairy products or meat/fish.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast 7:30 - 9:00am</b>	Selection of Cereals served with warm organic milk & wholemeal toast <b>Contains Dairy &amp; Wheat</b>	Selection of Cereals served with warm organic milk & wholemeal toast <b>Contains Dairy &amp; Wheat</b>	Selection of Cereals served with warm organic milk & wholemeal toast <b>Contains Dairy &amp; Wheat</b>	Selection of Cereals served with warm organic milk & wholemeal toast <b>Contains Dairy &amp; Wheat</b>	Selection of Cereals served with warm organic milk & wholemeal toast <b>Contains Dairy &amp; Wheat</b>
<b>Snack 10am</b>	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter
<b>Lunch 11:30am</b>	Paneer Curry served with Rice <b>Contains Dairy &amp; Wheat</b>	Moroccan Style Fish/Chickpea with Couscous and Green Beans <b>Contains Wheat</b>	Jacket Potato served with Cheese, Beans & Salad <b>Contains Dairy</b>	Turkey/ Quorn Keema Served with Brown Rice	Creamy Roasted Butternut Squash & Chicken/ Quorn Pasta <b>Contains Wheat &amp; Dairy</b>
<b>Pudding</b>	Mango Lassi <b>Contains Dairy &amp; Sugar</b>	Fromage Frais <b>Contains Dairy &amp; Sugar</b>	Melon Slices	Berry Coulis with Plain Yoghurt <b>Contains Dairy</b>	Sugar free Oat Cookies <b>Contains Wheat</b>
<b>Snack 2:00pm</b>	Carrot, Pepper & Cucumber Sticks served with Cream Cheese <b>Contains Dairy</b>	Breadsticks served with Apple Slices <b>Contains Wheat</b>	Vegetable Sticks served with Butter Bean Dip	Crackers & Cucumber Sticks <b>Contains Wheat</b>	Cheesy Carrot & Courgette Fritters <b>Contains Dairy &amp; EGG</b>
<b>Tea 3:30pm</b>	Roasted Root Vegetables Soup served with Bread Rolls <b>Contains Wheat</b>	Naan Bread Chargrilled Veggies Pizza <b>Contains Wheat &amp; Dairy</b>	Spinach, Mushroom & Broccoli Spaghetti <b>Contains Wheat &amp; Dairy</b>	Cheese & Tomato Quesadillas served with Salad <b>Contains Wheat &amp; Dairy</b>	Mediterranean Vegetable Lentil Stew served with Pitta Bread <b>Contains Wheat</b>
<b>Pudding</b>	Homemade Apple & Berry crumble served with Plain Yoghurt <b>Contains Dairy &amp; Wheat</b>	Pineapple Sticks	Vegan Sugar free Lemon Drizzle Cake <b>Contains Wheat</b>	Orange Wedges	Fruit Salad

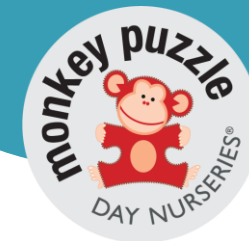


## Menu - Week Two

Fresh drinking water available throughout the day.

Dairy free and vegetarian options provided for all dishes containing dairy products or meat/fish.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast 7:30 - 9:00am</b>	SELECTION OF CEREALS SERVED WITH WARM ORGANIC MILK & WHOLEMEAL TOAST <b>CONTAINS DAIRY &amp; WHEAT</b>	SELECTION OF CEREALS SERVED WITH WARM ORGANIC MILK & WHOLEMEAL TOAST <b>CONTAINS DAIRY &amp; WHEAT</b>	SELECTION OF CEREALS SERVED WITH WARM ORGANIC MILK & WHOLEMEAL TOAST <b>CONTAINS DAIRY &amp; WHEAT</b>	SELECTION OF CEREALS SERVED WITH WARM ORGANIC MILK & WHOLEMEAL TOAST <b>CONTAINS DAIRY &amp; WHEAT</b>	SELECTION OF CEREALS SERVED WITH WARM ORGANIC MILK & WHOLEMEAL TOAST <b>CONTAINS DAIRY &amp; WHEAT</b>
<b>Snack 10am</b>	SEASONAL FRUIT PLATTER	SEASONAL FRUIT PLATTER	SEASONAL FRUIT PLATTER	SEASONAL FRUIT PLATTER	SEASONAL FRUIT PLATTER
<b>Lunch 11:30am</b>	SMOKY HERBY BAKED BEANS WITH JACKET POTATO, CHEESE & VEGETABLES STICKS (V)  <b>CONTAINS DAIRY</b>	GREEK STYLE CHICKEN/ QUORN BITES WITH ROASTED POTATOES & YOGHURT DIP  <b>CONTAINS DAIRY</b>	SWEET POTATO & RED LENTIL CURRY SERVED WITH RICE (V)	MUSHROOM STROGANOFF PASTA WITH GARLIC BREAD & PEAS (V)  <b>CONTAINS WHEAT &amp; DAIRY</b>	TURKEY/ LENTIL COTTAGE PIE WITH POTATO & CAULIFLOWER TOPPING & GREEN BEANS  <b>CONTAINS WHEAT</b>
<b>Pudding</b>	PINEAPPLE STICKS	MIXED FRUIT COMPOTE WITH PLAIN YOGHURT <b>CONTAINS DAIRY</b>	MANGO LASSI <b>CONTAINS DAIRY &amp; SUGAR</b>	MELON SLICES	MANDARIN & YOGHURT FOOL <b>CONTAINS DAIRY</b>
<b>Snack 2:00pm</b>	PITTA BREAD SERVED WITH GREEN GARDEN DIP <b>CONTAINS WHEAT</b>	VEGETABLE STICKS & CREAM CHEESE  <b>CONTAINS DAIRY</b>	HOMEMADE SAVOURY CARROT MUFFIN <b>CONTAINS WHEAT</b>	HOMEMADE CHEESE TWISTS  <b>CONTAINS WHEAT &amp; DAIRY</b>	BREADSTICKS & FRUIT SLICES  <b>CONTAINS WHEAT</b>
<b>Tea 3:30pm</b>	TUNA/TOFU & TOMATO PASTA BAKE WITH BREADCRUMB TOPPING & SWEETCORN <b>CONTAINS WHEAT &amp; DAIRY</b>	SPANISH CHICKPEAS WITH BROWN RICE (V) <b>CONTAINS WHEAT, SOYA &amp; CELERY</b>	POTATO, SPRING ONIONS & CHEESE FRITTATA (V) <b>CONTAINS WHEAT, EGG &amp; DAIRY</b>	FISH/ VEGGIE FINGERS SERVED WITH MASHED POTATO & MIXED VEGETABLES <b>CONTAINS WHEAT</b>	PASTA E FAGIOLI (V) (ITALIAN PASTA & BEAN STEW BREAD ON THE SIDE FOR DUNKING) <b>CONTAINS WHEAT</b>
<b>Pudding</b>	FROMAGE FRAIS <b>CONTAINS DAIRY &amp; SUGAR</b>	ORANGE WEDGES	BAKED APPLES WITH CINNAMON	HOMEMADE SUGAR FREE BANANA BREAD <b>CONTAINS WHEAT</b>	HOMEMADE SUGAR FREE SULTANA CAKE <b>CONTAINS WHEAT &amp; EGG</b>



## Menu - Week Three

Fresh drinking water available throughout the day.

Dairy free and vegetarian options provided for all dishes containing dairy products or meat/fish.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast 7:30 - 9:00am</b>	Selection of Cereals served with warm organic milk & wholemeal toast <b>Contains Dairy &amp; Wheat</b>	Selection of Cereals served with warm organic milk & wholemeal toast <b>Contains Dairy &amp; Wheat</b>	Selection of Cereals served with warm organic milk & wholemeal toast <b>Contains Dairy &amp; Wheat</b>	Selection of Cereals served with warm organic milk & wholemeal toast <b>Contains Dairy &amp; Wheat</b>	Selection of Cereals served with warm organic milk & wholemeal toast <b>Contains Dairy &amp; Wheat</b>
<b>Snack 10am</b>	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter
<b>Lunch 11:30am</b>	Turkey/ Quorn Spaghetti Bolognese <b>Contains Wheat</b>	Fish/ Veg Cakes served with Mashed Potatoes & Mixed Vegetables <b>Contains Wheat</b>	Jacket Potato served with Cheese, Beans & Salad <b>Contains Wheat &amp; Dairy</b>	Butter chicken/ Quorn served with rice	Vegetable & Lentil Lasagne <b>Contains Dairy &amp; Wheat</b>
<b>Pudding</b>	Plain yoghurt with Sliced Peach <b>Contains Wheat</b>	Sugar Free Oat & Banana cakes <b>Contains Wheat</b>	Melon Slices	Mango Lassi <b>Contains Dairy &amp; sugar</b>	Pineapple Sticks
<b>Snack 2:00pm</b>	Cucumber & Carrot Sticks	Crackers served with Cream Cheese <b>Contains Wheat &amp; Dairy</b>	Savoury Zucchini Muffins <b>Contains Wheat, Egg &amp; Dairy</b>	Breadsticks served Apple Slices <b>Contains Wheat</b>	Carrot Sticks served with Homemade Hummus
<b>Tea 3:30pm</b>	Chickpea Bites served Herby Baked Beans & Peas <b>Contains Wheat</b>	Vegetable Curry Served with Rice & Butternut Squash	Homemade Nut Free Pesto & Broccoli Pasta <b>Contains Wheat</b>	Macaroni Cheese served with Garlic Bread <b>Contains Dairy &amp; Wheat</b>	Tuna, Tomato & Potato Bake <b>Contains Dairy &amp; Wheat</b>
<b>Pudding</b>	Orange wedges	Mixed fruit compote with Plain yoghurt	Sugar Free Caramelized Pears	Sugar Free Cherry Cake <b>Contains Egg &amp; Wheat</b>	Stewed apples with sultanas & plain yoghurt <b>Contains Dairy</b>