

Week 4	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Macaroni cheese with seasonal roasted vegetables contains: (Gluten, Dairy)</p> <p>Coconut flapjack Contain: (Gluten, Dairy,)</p>	<p>Wholemeal sandwich selection with ham and cheese, egg mayo + vegetable sticks Contain: (Dairy, soya, gluten, Soya, Egg)</p> <p>Organic yogurt with berry compote Contain: (Dairy, Sulphites)</p>
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Lightly herbed sausages with mash potatoes, steamed vegetables and homemade gravy Contain: (Dairy, Gluten, Sulphites)</p> <p>Fresh fruit salad</p>	<p>Chicken Fajitas served with wholemeal wrap, grated cheese and tangy apple slaw Contain: (Gluten, Dairy, Celery, Mustard, Egg)</p> <p>Choc chip cookies Contain: (Dairy, Eggs, Gluten)</p>
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Spaghetti with homemade chicken balls stuffed with mixed vegetables served in a creamy mascarpone and tomato sauce +sliced carrots contains: (Gluten, Dairy, Celery)</p> <p>Orange and pomegranate jelly</p>	<p>Salmon fingers served with baked beans contain: (Fish, Gluten)</p> <p>Seasonal fruit platter</p>
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Golden cottage pie with hidden vegetables served with steamed broccoli contains: (Celery, Dairy)</p> <p>Banana and raspberry frozen yogurt Contain: (Dairy)</p>	<p>Cauliflower cheese soup served with sundried tomato and olive Crusty bread contain: (Celery, Dairy, Gluten, Soya)</p> <p>Lemon drizzle cake Contain: (Gluten, Dairy, Egg)</p>
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Creamy Ham, leek and mushroom pasta bake contain: (Gluten, dairy)</p> <p>Spiced Orange Biscotti Contain: (Eggs, Gluten)</p>	<p>Spiced chicken patties with hidden vegetables served with vegetable sticks and roasted red pepper hummus Contain: (Dairy, gluten, Mustard, Egg)</p> <p>Fresh fruit salad</p>