

Week 1	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Chicken Lasagne with grated squash and courgette served with homemade garlic bread <i>Contain: ( Celery, gluten), Soya, Dairy)</i></p> <p>Orange and rhubarb slices <i>Contain: (Gluten, Dairy, Egg)</i></p>	<p>Pork &amp; leek sausage rolls served with baked beans <i>Contain: ( Gluten, Sulphites, Eggs)</i></p> <p>Seasonal fruit platter</p>
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Moroccan lamb Hotpot with white beans and chickpeas served with brown rice <i>Contain: ( Celery, Gluten)</i></p> <p>Mixed fruit and yogurt bar <i>Contain: ( Gluten, Dairy)</i></p>	<p>Muffin Pizza topped with mixed vegetables served with tangy apple slaw <i>Contain: (Celery, dairy, soya, gluten, Egg, Mustard)</i></p> <p>Organic yogurt and mango pulp <i>Contain: (Dairy)</i></p>
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Jacket potato served with chilli con carne and cheese <i>Contain: (Dairy, Celery)</i></p> <p>Fresh Fruit salad</p>	<p>Penne Pasta with seasonal roasted vegetables in a tomato, basil and Parsley sauce <i>contain: (Gluten, Celery)</i></p> <p>Apple and cinnamon tart <i>contain: (Gluten, Celery)</i></p>
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Roasted chicken served with roasted potatoes, homemade gravy, and steamed vegetables <i>contain: (Celery,)</i></p> <p>Frozen berry yogurt <i>Contain: (Dairy)</i></p>	<p>Spiced Pumpkin and Carrot soup served with homemade squash bread <i>Contain: (Celery, Gluten, Dairy, Soya)</i></p> <p>Seasonal fruit platter</p>
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Homemade burgers with hidden vegetables served on a wholemeal bap, tomato salsa and grated cheese <i>contain: (Celery,, Dairy, Soya, Gluten)</i></p> <p>Strawberry jelly</p>	<p>Cod Fingers served with baked beans <i>Contain: (Gluten, Fish)</i></p> <p>Spiced carrot cake <i>Contain: (Gluten, Dairy, Egg)</i></p>

Week 2	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Spaghetti served with roasted cod, tomato, fennel and coriander sauce and sliced green beans Contain: <b>(Gluten, celery, Fish)</b>  Organic yogurt with strawberry Contain: <b>(Dairy, Sulphites)</b>	Chicken Fajitas served with wholemeal wrap, grated cheese and tangy apple slaw Contain: <b>(Gluten, Dairy, Celery, Eggs, Mustard)</b>  Seasonal Fruit Platter
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chicken stroganoff served with steamed brown rice and sliced carrots Contain: <b>(Celery, Dairy)</b>  Tropical fruit salad	Ham and cheese Baked with mixed vegetables served with baked beans Contain: <b>(Gluten, Dairy, Egg)</b>  Lemon and ginger shortbread Contain: <b>(Gluten, dairy)</b>
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Homemade meatballs in a BBQ/Tomato sauce, served with mash potatoes, peas & sweetcorn Contain: <b>(Celery, gluten, Dairy, Mustard)</b>  Frozen mango yogurt Contain: <b>(Dairy)</b>	Pasta bake with sweet potato and red pepper sauce + Roasted autumn/winter vegetables Contain: <b>(Gluten, Celery, Dairy)</b>  Banana Flapjack Contain: <b>(Dairy, wheat)</b>
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Pork and apple casserole served with crusty bread Contain: <b>(Celery, gluten, Soya, Egg)</b>  Peach cobbler with custard Contain: <b>(Dairy, wheat)</b>	Wholemeal sandwich with chicken and cheese, tuna mayo + vegetable sticks Contain: <b>(Dairy, soya, gluten, Eggs, Fish)</b>  Organic yogurt and raspberry blend Contain: <b>(Dairy)</b>
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chicken Chow Mein with peppers and green beans served with babycorn Contain: <b>(Gluten, Soya, Egg)</b>  Apple and raisin oat muffins Contain: <b>(Gluten, Egg, Dairy)</b>	Creamy mushroom, garlic and leek Soup served with crusty bread Contain: <b>(Celery, Gluten, Dairy, Soya)</b>  Fresh fruit salad

Week 3	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chilli con carne served with Mexican style Brown rice + peas and sweetcorn Contain: <b>(Celery)</b>  Coconut ice cream Contain: <b>(Dairy)</b>	Tuna pasta bake with hidden vegetables (contain: <b>FISH, GLUTEN, CELERY, DAIRY</b> )  Caramelised Pear tart Contain: <b>(Gluten)</b>
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Ultimate Chicken pie with seasonal root vegetables and green beans, served with steamed baby corn contain: <b>(Celery, Gluten, Mustard)</b>  Apricot and date bars Contain: <b>( Gluten, Dairy)</b>	Asparagus, broccoli and leek Soup served with homemade courgette bread contain: <b>Gluten, Celery, Soya, Dairy</b> )  Tropical fruit salad
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Beef, sweet potato and butternut squash curry served with homemade crusty bread and brocolli Contain: <b>(Celery, dairy, soya, gluten, Mustard)</b>  Organic yogurt and Mango pulp Contain: <b>(Dairy)</b>	Chicken and apricot rolls served with baked beans contain: <b>(Gluten, Sulphites, Eggs)</b>  Homemade pancakes and banana contain: <b>(Gluten, Eggs, Dairy)</b>
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Penne Pasta with seasonal roasted vegetables in a tomato, basil and Parsley sauce Contain: <b>(Gluten, Celery)</b>  Tropical fruit salad	Muffin Pizza topped with mixed vegetables served with tangy apple slaw Contain: <b>(Eggs, Dairy, Soya, Gluten, Mustard, Celery)</b>  Oat and raisin cookies contain: <b>(Gluten, Eggs)</b>
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Fish pie with leeks and peas served with sliced carrots contain: <b>(Dairy, Gluten)</b>  Vanilla biscuit Contain: <b>(Gluten, Dairy)</b>	Homemade cheese balls served with baked beans and smoked mackerel and chive dip Contain: <b>(Dairy, Gluten, Soya, Fish)</b>  Seasonal fruit platter

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: <b>(Gluten, Dairy)</b></p> <p>Coconut flapjack Contain: <b>(Gluten, Dairy,)</b></p>	<p>Wholemeal sandwich selection with ham and cheese, egg mayo + vegetable sticks Contain: <b>( Dairy, soya, gluten, Soya, Egg)</b></p> <p>Organic yogurt with berry compote Contain: <b>(Dairy, Sulphites)</b></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: <b>(Dairy, Gluten, Sulphites)</b></p> <p>Fresh fruit salad</p>	<p>Chicken Fajitas served with wholemeal wrap, grated cheese and tangy apple slaw Contain: <b>( Gluten, Dairy, Celery, Mustard, Egg)</b></p> <p>Choc chip cookies Contain: <b>(Dairy, Eggs, Gluten)</b></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: <b>(Gluten, Dairy, Celery)</b></p> <p>Orange and pomegranate jelly</p>	<p>Salmon fingers served with baked beans contain: <b>(Fish, Gluten)</b></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: <b>(Celery, Dairy)</b></p> <p>Banana and raspberry frozen yogurt Contain: <b>(Dairy)</b></p>	<p>Cauliflower cheese soup served with sundried tomato and olive Crusty bread contain: <b>(Celery, Dairy, Gluten, Soya)</b></p> <p>Lemon drizzle cake Contain: <b>(Gluten, Dairy, Egg)</b></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: <b>(Gluten, dairy)</b></p> <p>Spiced Orange Biscotti Contain: <b>(Eggs, Gluten)</b></p>	<p>Spiced chicken patties with hidden vegetables served with vegetable sticks and roasted red pepper hummus Contain: <b>( Dairy, gluten, Mustard, Egg)</b></p> <p>Fresh fruit salad</p>