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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Selection of cereals or wholemeal toast  Brioche  **wheat, milk, egg** | Selection of cereals or wholemeal toast  Pancake  **Wheat, milk , egg** | Selection of cereals or wholemeal toast  Croissant  **Wheat, milk** | Selection of cereals or wholemeal toast  Bagel  **Wheat, soya** | Selection of cereals, or wholemeal toast  Scrambled egg  **Wheat, egg** |
| **Mid-morning snack** | Fresh fruit | Fresh fruit | Fresh fruit | Fresh fruit | Fresh fruit |
| **Lunch** | **Mac and cheese with garlic bread and**  **sweetcorn**  **gluten, milk**  **Peaches and cream**  **Milk** | **Beef chilli with rice and**  **cauliflower**  **Strawberries and Meringue**  **Egg** | **Roast chicken with new potatoes, Yorkshire puddings and peas**  **Wheat, milk, egg**  **Fruit Jelly** | **Turkey meatballs in a tomato sauce with pasta and carrots**  **Wheat, egg, milk, fish**  **Fruit yoghurt**  **Milk** | **Spaghetti Bolognese with carrots**  **Wheat**  **Fruit tart**  **Milk** |
| **Vegetarian**  **Lunch** | As above | Quorn mince | Quorn pieces | Quorn pieces | Quorn mince |
| **Mid afternoon snack** | Fresh fruit and cheese thins  **Milk, barley** | Fresh fruit and malt loaf  **Wheat, barley** | Fresh fruit and teacake  **Wheat, soya** | Fresh fruit and breadsticks  **Wheat, barley** | Fresh fruit and  fruit loaf  **wheat, soya** |
| **Tea** | **Fish fingers with crusty bread and baked beans**  **Wheat, fish**  **Greek style yoghurt**  **Milk** | **Pizza**  **with carrots sticks**  **wheat, milk**  **Watermelon** | **DIY wraps with selection of fillings and cucumber sticks**  **Wheat, milk**  **Banana and custard**  **Milk** | **Hot dogs in a roll with veggie sticks**  **Wheat, milk**  **Natural yoghurt and fresh fruit**  **Milk** | **Pitta Bread with Hummus, Ham, Cheese and Pepper sticks**  **Wheat, sesame**  **Fromage frais**  **Milk** |
| **Vegetarian**  **Tea** | As above | As above | As above | Vegetarian sausage | As above |
| **Drinks** | Milk or water | Milk or water | Milk or water | Milk or water | Milk or water |

**Allergies** – all allergies & dietary requirements are catered for. Dairy, wheat & gluten alternatives will be incorporated within this menu.

**Meat** – all meat is sourced locally from burtons butchers.

**Tiny ones/weaning** – we can puree our meals for the youngest and also adapt for the young ones by making vegetable purees etc.

All puddings will be made with reduced sugar or are sugar free.