

BREAKFAST

CEREALS INC GLUTEN FREE
TOAST, HONEY, MARMITE, JAM
BUTTER
FRUITLOAF, CRUMPET, BAGEL,
YOGHURTS

AFTERNOON SNACK

MONDAY

FISHFINGER SANDWICHES (f,W) WITH
BEANS / SPAGHETTI (V)
WITH PEPPERS & APPLES

TUESDAY

PASTA (W,GF) WITH TOMATO SAUCE (V)
WITH CHEESE (V,VG)
WITH SWEETCORN & GRAPES

WEDNESDAY

TORTILLA WRAPS (W) WITH CHICKEN
SLICES (H/V)
WITH CUCUMBERS & ORANGES

THURSDAY

TORTILLA CHIPS (V) WITH CHEESE(VG)
AND SALSA DIP (ffa)
WITH CARROTS & PEARS

FRIDAY

PITTA BREAD (W,V) WITH DIPS (d,V)
WITH CARROTS & PINEAPPLE



Week 1 Menu



Alternative snack options:

Gluten free cereal and bread.
Vegetarian Quorn slices, Vegan Cheese,
Meat-free Hot Dogs, Halal.

ALLERGENS

BREAD: WHEAT SOYA (W)
MARGARINE: PLANT BASED (V.VG)
YOGURT: MILK (d)
WEETABIX: BARLEY/WHEAT (W)
GOLDEN NUGGETS: WHEAT, TRACE MILK,
PEANUTS, OTHER NUTS
CHEERIOS: OAT/BARLEY/WHEAT/TRACE
NUTS
RICE SNAPS: BARLEY
SHREDDIES: WHEAT/BARLEY/ TRACE NUTS
MULTIGRAIN SHAPES: OATS/TRACE
GLUTEN
BOULDERS: WHEAT MAY CONTAIN
MILK/SOYA TRACES OF PEANUTS
MULTI GRAIN HOOPS: WHEAT MAY
CONTAIN MILK/SOYA TRACES OF PEANUTS
CRUMPETS: WHEAT (W)
MUFFINS: WHEAT/SOYA (W)
FRUITLOAF: (W/Soya)
BAGEL: WHEAT/RYE/BARLEY (W)
MARMITE: BARLEY/WHEAT/OATS/ RYE
QUORN SLICES: MILK/EGG (d)
FISHFINGERS: FISH / WHEAT (W)
HUMMUS: SESAME SEEDS
PITTA BREAD: WHEAT (W)
PASTA: WHEAT/MILK/SOYA/CHEESE (d.W)
CHEESE: MILK (d)
CRACKERS: WHEAT (W)