

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)