

## BREAKFAST

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



## Week 2 Menu

### AFTERNOON SNACK

#### MONDAY

CHEESE & TOMATO PIZZA (W, V,vg)  
WITH OLIVES & ORANGES

#### TUESDAY

CHICKEN SLICES (H,V) SANDWICHES (W)  
WITH TOMATOES & BANANAS

#### WEDNESDAY

CHEESE WRAPS (W,d)  
WITH LETTUCE, MAYO (V/M) & MELON

#### THURSDAY

FISHFINGER SANDWICHES (F,W)  
WITH CUCUMBER & APPLES

#### FRIDAY

NOODLES (V/m)  
WITH SWEETCORN & KIWI



### Alternative snack options:

Gluten free cereal and bread.  
Vegetarian Quorn slices & Halal meat slices  
Rice Cakes with cheese / Meat slices

### ALLERGENS

**BREAD:** WHEAT SOYA  
**BUTTER:** MILK **YOGURT:** MILK  
**WEETABIX:** BARLEY/WHEAT  
**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  
**MULTIGRAIN HOOPS:** WHEAT/OATS/BARLEY –  
TRACES OF NUTS/MILK/PEANUTS/SOYA  
**CRUMPETS:** WHEAT  
**BAGEL:** WHEAT/RYE/BARLEY  
**MARMITE:**BARLEY/WHEAT/OATS/ RYE  
**PIZZA:** WHEAT/MILK/SOYA  
**FISH FINGERS:** WHEAT / MILK  
**MAYONNAISE:** VEGAN / MUSTARD  
**CHEESE:** MILK  
**CHICKEN / TURKEY SLICES:** HALAL OPTION  
MAY CONTAIN EGG, CELERY,MUSTARD,  
WHEAT, BARLEY, SOYA  
**TORTILLA WRAPS:** WHEAT  
**DIPS:** YOGHURT BASED WITH CHEESE,  
CHIVES, CHILLI, GARLIC  
**KOKA NOODLES:** WHEAT/SOYA  
**MAGI NOODLES:** WHEAT/CELERY MAY  
CONTAIN MILK/SOYA/EGG/SESAME/MUSTARD  
**CRACKERS:** WHEAT  
**RICE CAKES:** TRACE: SESAME SEEDS /SOYA  
**QUORN SLICES:** MILK/EGGS