

BREAKFAST

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

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



Week 2 Menu



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