

BREAKFAST

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

AFTERNOON SNACK

MONDAY

CHICKEN NUGGETS / QUORN
NUGGETS (V) WITH BEANS / SPAGHETTI
(V) WITH CARROTS & RAISINS

TUESDAY

BREAD ROLL (W/V) WITH CHEESE (vg/d)
Mayo (vg)

WITH CUCUMBER & APPLE

WEDNESDAY

CHICKEN HOTDOG (H/V)
WITH TOMATOES & PEARS

THURSDAY

PASTA (W/V) WITH TOMATO PASTA SAUCE
(V) WITH CHEESE (d/vg)

WITH SWEETCORN & MELON

FRIDAY

BAGEL (W/b/rye) WITH TURKEY SLICES (H)
WITH LETTUCE, MAYO (vg/m) & PLUMS



Week 3 Menu



Alternative snack options:

Gluten free cereal and bread.

Vegetarian:

Quorn Nuggets/Sausages/Chicken Slices
Rice Cakes and Vegan cheese

ALLERGENS

BREAD: WHEAT SOYA

BUTTER: MILK **BOILED EGG:** EGGS

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 **CRUMPETS:** WHEAT

MULTIGRAIN SHAPES: OATS/TRACE
GLUTEN

BAGEL: WHEAT/RYE/BARLEY

MARMITE: BARLEY/WHEAT/OATS/ RYE

PASTA: WHEAT

MAYONNAISE: MUSTARD

CHEESE: MILK

WRAPS: WHEAT

TURKEY SLICES: HALAL

MEAT FREE SAUSAGES: WHEAT/SOYA

CHICKEN HOTDOGS: HALAL

QUORN NUGGETS: EGG/MILK/WHEAT

QUORN SLICES: EGG/MILK

VIOLIFE: PLANT BASED CHEESE

CONTAINS COCONUT OIL

CRACKERS: WHEAT

DIPS: MILK/EGG