

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