

This week's **EATS**

Week One



EVERYDAY *faves*

WEEK 1	Breakfast	Lunch	Vegetarian	Afternoon Snack
MON	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Chicken Casserole	Quorn Casserole <i>Contains Dairy and Gluten</i>	Bread sticks with Hummus With side salad/fruit
TUES	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	<i>Sausage, mash, gravy with veg May contain Gluten, Dairy, Wheat)</i>	Quorn Sausage, mash, gravy with veg <i>Contains Dairy and Gluten, Wheat)</i>	Sandwiches with side salad/fruit
WED	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Chicken mascarpone pasta bake <i>(May contain Wheat, Dairy, Gluten)</i>	Quorn mascarpone pasta bake <i>Contains Dairy, Gluten and Wheat)</i>	Crumpets with fruit
THUR	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Fish cakes, Hash browns and beans <i>(May contain Wheat, Dairy)</i>	Cheese pie <i>Contains Dairy</i>	Wraps with side salad/fruit
FRI	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Tomato, Basil Pasta with mixed Veg <i>(Wheat)</i>	Tomato, Basil Pasta with mixed Veg. <i>(Wheat)</i>	Cheese crackers with side salad/ Fruit

ALL meals are served with a **Halal/Vegetarian** option. Quorn Chicken & Mince **contains egg** Available **DAILY**: Selection of seasonal vegetables, fruit and yoghurts. Sandwiches: Brown and White Bread available

This week's **EATS**
Week Two



EVERYDAY *faves*

WEEK 2	Breakfast	Lunch	Vegetarian	Afternoon Snack
MON	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Chicken, Curry & Rice (Dairy)	Quorn curry and rice (Dairy)	Bread sticks with Hummus With side salad/fruit
TUES	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Beef casserole	Plant based casserole	Sandwiches with side salad/Fruit
WED	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Mince in gravy with seasonal veg and mash <i>May contain Dairy</i>	Quorn in gravy with seasonal veg and mash (Dairy)	Crumpets with Fruit
THUR	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Fish fingers, Potato Waffles & Garden peas (Wheat & Gluten)	Veggie alternative, potato waffles & Garden peas (Dairy)	Wraps with side salad/ Fruit
FRI	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Tomato and Basil Pasta with Veg (Wheat)	Tomato Basil Pasta with Veg (Wheat)	Cheese and crackers with side salad/Fruit

ALL meals are served with a **Halal/Vegetarian** option. Quorn Chicken & Mince **contains egg**

Available **DAILY**: Selection of seasonal vegetables, fruit and yoghurts

Sandwiches: Brown and White Bread available