

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 Mascarpone Bake <i>(Contains Wheat, Dairy)</i>	Quorn Mascarpone Pasta <i>(Contains Wheat, Dairy)</i>	Bread sticks with Hummus With side salad/fruit
TUES	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	<i>Chilli con carne with fluffy rice</i>	Quorn <i>chilli con carne with fluffy rice</i>	Crackers & Cheese with side salad/fruit
WED	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Homemade country vegetable soup with wholemeal bloomer bread <i>(Contains Wheat)</i>	Homemade country vegetable soup with wholemeal bloomer bread <i>(Contains Wheat)</i>	Ham or Cheese sandwiches with Side salad/Fruit
THUR	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Fish curry with rice and naan bread <i>(Contains Wheat)</i>	Vegetable curry with rice and naan bread <i>(Contains Wheat)</i>	Wraps with side salad/fruit
FRI	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Macaroni cheese with green vegetables <i>(Contains Wheat)</i>	Macaroni cheese with green vegetables <i>(Contains Wheat)</i>	Crumpets 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 meatballs fusilli pasta in a tomato and basil sauce <i>(Contains Wheat)</i>	Quorn meatballs fusilli pasta in a tomato and basil sauce <i>(Contains Wheat)</i>	Bread sticks with Hummus With side salad/fruit
TUES	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Beef lasagne with side salad <i>(Contains Wheat)</i>	Quorn lasagne with side salad <i>(Contains Wheat)</i>	Sandwiches with side salad/Fruit
WED	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Fish curry with rice and naan bread <i>(Contains Wheat)</i>	Vegetable curry with rice and naan bread <i>(Contains Wheat, Dairy)</i>	Crumpets with Fruit
THUR	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Long Boats with cheese and beans fillings <i>(Contains Dairy)</i>	Long Boats with cheese and beans fillings <i>(Contains Dairy)</i>	Wraps with side salad/ Fruit
FRI	A choice of cereals- Rice krispies, Weetabix, cornflakes & malted wheats, milk, water	Vegetable Couscous with country vegetable side <i>(Contains Wheat)</i>	Vegetable Couscous with country vegetable side <i>(Contains Wheat)</i>	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