



Spring week 1 meal plan

	BREAKFAST	SNACK	Lunch	SNACK	TEA	WATER
MONDAY	SELECTION OF CEREAL OR TOAST AND SPREAD	CRUMPETS WITH CREAM CHEESE OR DAIRY FREE CHEESE AND BERRIES CONTAINS: DAIRY + WHEAT	FISH FINGERS AND SMASHED NEW POTATOES WITH VEGGIES PUDDING: BAKED MIXED SPICE PEACHES WITH RASBERRY COULIS CONTAINS: FISH + DAIRY	FRESH FRUITS + MILK OR WATER	HAM WRAPS WITH SALAD CONTAINS: WHEAT	NOTE: FRESH DRINKING WATER WILL BE AVAILABLE AND ACCESSIBLE AT ALL TIMES.
TUESDAY	SELECTION OF CEREAL OR TOAST AND SPREAD	RICE CAKES WITH SPREAD + MILK OR WATER MAY CONTAIN SOYA	MACARONA BECHEMEL WITH VEG & GARLIC BREAD OR DAIRY FREE ALTERNATIVE PUDDING: PANCAKES WITH CHERRIES & VANILLA CRÈME FRAÎCHE CONTAINS: DAIRY	FRESH FRUITS + MILK OR WATER	PESTO AND ROASTED PEPPER CREAM CHEESE TOAST OR DAIRY FREE CHEESE CONTAINS: EGG, FISH, WHEAT	NOTE: FRESH DRINKING WATER WILL BE AVAILABLE AND ACCESSIBLE AT ALL TIMES.
WEDNESDAY	SELECTION OF CEREAL OR TOAST AND SPREAD	MALT LOAF WITH SPREAD + MILK OR WATER CONTAINS: BARLEY + WHEAT	HEALTHY CHICKEN & VEGGIE CHOW MEIN PUDDING: FRUITY MOUSSE OR DIARY FREE MOUSSE CONTAINS: DAIRY	FRESH FRUITS + MILK OR WATER	ZESTY HAM AND PEA PASTA SHAPES CONTAINS: DAIRY + WHEAT	NOTE: FRESH DRINKING WATER WILL BE AVAILABLE AND ACCESSIBLE AT ALL TIMES.
THURSDAY	SELECTION OF CEREAL OR TOAST AND SPREAD	CRACKERS AND CHEESE OR DAIRY FREE CHEESE + MILK OR WATER CONTAINS: DAIRY + WHEAT	CREAMY VEGETABLE CRUMBLE WITH PEAS & SWEETORN PUDDING: HOMEMADE BANANA PUDDING OR DAIRY FREE BANANA PUDDING CONTAINS: DAIRY	FRESH FRUITS + MILK OR WATER	PUFF PASTRY CHEESE TWISTS CONTAINS: EGG, WHEAT, DAIRY	NOTE: FRESH DRINKING WATER WILL BE AVAILABLE AND ACCESSIBLE AT ALL TIMES.

Menu will be adjusted to suit according to dietary/allergy requirements - All butter/Spread is dairy free



Spring week 2 meal plan

BREAKFAST

SNACK

LUNCH

SNACK

TEA

WATER

MONDAY

SELECTION OF CEREALS
OR
TOAST WITH SPREAD

RICE CAKES WITH
SPREAD AND APPLES
+
MILK OR WATER

MAY CONTAIN: MILK, SOYA

CHIPOLATA OR MEAT FREE
DOGS WITH BEANS
PUDDING:
CRÈME FRAÎCHE
TOPPED FRUIT TRIFLE
OR DAIRY FREE ALTERNATIVE
CONTAINS: MILK

FRESH FRUITS
+
MILK OR WATER

BROWN BUTTER AND
HERBES DE PROVENCE
GNOCCHI WITH VEGGIES

CONTAINS: BARLEY, RYE, WHEAT.

NOTE:
FRESH DRINKING WATER
IS AVAILABLE AND
ACCESSIBLE AT ALL TIMES.

TUESDAY

SELECTION OF CEREALS
OR
TOAST WITH SPREAD

TOASTED ENGLISH
MUFFINS WITH HAM
AND SCRAMBLED EGG
+
MILK OR WATER

CONTAINS: EGG, WHEAT

TOMATO, BASIL AND CRÈME
FRAÎCHE LINGUINE WITH GARLIC
BREAD AND VEGGIES
OR DAIRY FREE ALTERNATIVE

PUDDING:
MINI VANILLA SPONGE
CONTAINS: MILK

FRESH FRUITS
+
MILK OR WATER

CREAM CHEESE AND
CUCUMBER BAGELS
+
MILK OR WATER

CONTAINS: WHEAT, DAIRY.

NOTE:
FRESH DRINKING WATER
IS AVAILABLE AND
ACCESSIBLE AT ALL TIMES.

WEDNESDAY

SELECTION OF CEREALS
OR
TOAST WITH SPREAD

HALF A TOASTED TEACAKE AND
SPREAD WITH CHEESE
+
MILK OR WATER

CONTAINS: SOYA, WHEAT.
MAY CONTAIN: BARLEY, EGGS,
MILK, OATS, RYE.

TURKEY PASTA BOLOGNESE
PUDDING: FRUIT CRUMBLE
& CUSTARD
OR DAIRY FREE CUSTARD
CONTAINS: MILK

FRESH FRUITS
+
MILK OR WATER

BAKED BEANS OR
HOOPS
ON TOAST

CONTAINS: WHEAT

NOTE:
FRESH DRINKING WATER
IS AVAILABLE AND
ACCESSIBLE AT ALL TIMES.

THURSDAY

SELECTION OF CEREALS
OR
TOAST WITH SPREAD

BREADSTICKS AND
RAISINS
+
MILK OR WATER

CONTAINS: BARLEY, WHEAT.
MAY CONTAIN: MILK, SESAME,
SOYA.

FISH AND CHIPS WITH
BAKED BEANS
PUDDING:
BANANA CREPES
CONTAINS: EGGS, MILK, WHEAT.

FRESH FRUITS
+
MILK OR WATER

HAM AND CHEESE
PIZZA SWIRLS
OR VEGGIE/DAIRY
FREE ALTERNATIVE
CONTAINS: DAIRY

NOTE:
FRESH DRINKING WATER
IS AVAILABLE AND
ACCESSIBLE AT ALL TIMES.

Menu will be adjusted to suit according to dietary/allergy requirements - All butter/Spread is dairy free