Week Two

Meat Free Monday

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fruit salad Porridge	Selection of cereals Vegetable Omelette	Fruit salad Porridge	Selection of cereals Vegetable Omelette	Fruit salad Porridge
Snack	Pears	Rice cakes	Melon	Melba toast with Mozzarella and tomato	Pears
Lunch	Roasted Aubergine/Beans tomato curry with Chapatis Oranges	Cheesy Chicken & Broccoli Alfredo Skillet Casserole Spiced Rice Pudding	Teriyaki Salmon and noodles Banana	Cornflake chicken, sweet potato wedges and sweetcorn Semolina	Black bean and lentil koftas with couscous Natural yoghurt and berries
Dietary Equivalent		Quorn	Halloumi	Quorn	
Snack	Crackers and cheese spread	Vegetable sticks with butter bean dip	Beetroot dip and pitta fingers	Boiled egg	Breadsticks
Tea	Sweet and sour halloumi with egg fried rice Watermelon	Minestrone soup Pears	Cheesy bean wraps Natural yoghurt and berries	Frittata Mango	Homemade sausage rolls and tomato salsa Apples
Dietary Equivalent					Cheese and onion

Allergen Information

We take food allergies and intolerances seriously. All our meals are prepared on-site and may contain or come into contact with the following allergens:

• Cereals containing gluten • Crustaceans • Eggs • Fish • Peanuts • Soybeans • Milk • Nuts (almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts) • Celery • Mustard • Sesame seeds • Sulphur dioxide and sulphites • Lupin • Molluscs

Full ingredient and allergen information for each dish is available on request. Please speak to Lisa or Paige if you have any food allergies or intolerances.