Week Three

Meat Free Monday

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Banana Oat Pancakes	Fruit salad Cinnamon toasty fingers	Selection of cereals Banana Oat Pancakes	Fruit salad Cinnamon toasty fingers	Selection of cereals Banana Oat Pancakes
Snack	Cucumber	Crackers with cheese spread	Mango	Breadstick and bean dip	Vegetable sticks
Lunch	Tomato, Mascarpone and tofu risotto Greek Yoghurt	Sweet Jacket potato with peri peri prawns Pineapple	Sweet potato Spanish chicken and broccoli Banana Custard	Quorn toad in the hole with mash and veg Fruit salad	Turkey taco bowl with tortilla wraps Cinnamon milk pudding
Dietary Equivalent		Paneer	Quorn		Halloumi
Snack	Boiled egg with pitta bread finger	Watermelon	Breadsticks	Cheese and apples	Rice cakes cream cheese and salmon
Tea	Beanie burgers Fruit salad	Chicken, cheese and pesto flatbreads Apples	Tuna fish cakes and homemade beans Oranges	Chicken noddle soup Melon	Tuna and sweetcorn potato boats Watermelon
Dietary Equivalent		Cheese	Paneer	Tofu	

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.