Week Four

Meat Free Monday

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Vegetable Omelette	Fruit salad Porridge	Selection of cereals Vegetable Omelette	Fruit salad Porridge	Selection of cereals Vegetable Omelette
Snack	Crispbread and spread	Rice cakes	Mango	Vegetable sticks and hummus	Crackers with Philadelphia
Lunch	Vegetable and Quorn Pesto pasta Rice Pudding	Roast Chicken, Roast potatoes and veg Greek Yoghurt	Jamaican fish curry with rice and peas Semolina	Buffalo chicken Shawarma and pickled salad Fruit Salad	Potato topped Lamb hotpot Custard
Dietary Equivalent		Quorn fillet	Paneer	Halloumi	Quorn
Snack	Pears	Watermelon	Melba toast with cottage cheese	Breadsticks	Apples
Tea	Egg and tomato sandwiches Pineapple	Cream cheese and smoked salmon bagels with cucumber Oranges	Ploughman's Fruit salad	Cheese topped five bean chilli and homemade nachos Watermelon	Traybake beany Quesadillas Melon
Dietary Equivalent					

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.