

Week 2	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Spaghetti served with roasted cod, tomato, fennel and coriander sauce and sliced green beans Contain: (Gluten, celery, Fish) Organic yogurt with strawberry Contain: (Dairy, Sulphites)	Chicken Fajitas served with wholemeal wrap, grated cheese and tangy apple slaw Contain: (Gluten, Dairy, Celery, Eggs, Mustard) Seasonal Fruit Platter
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chicken stroganoff served with steamed brown rice and sliced carrots Contain: (Celery, Dairy) Tropical fruit salad	Ham and cheese Baked with mixed vegetables served with baked beans Contain: (Gluten, Dairy, Egg) Lemon and ginger shortbread Contain: (Gluten, dairy)
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Homemade meatballs in a BBQ/Tomato sauce, served with mash potatoes, peas & sweetcorn Contain: (Celery, gluten, Dairy, Mustard) Frozen mango yogurt Contain: (Dairy)	Pasta bake with sweet potato and red pepper sauce + Roasted autumn/winter vegetables Contain: (Gluten, Celery, Dairy) Banana Flapjack Contain: (Dairy, wheat)
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Pork and apple casserole served with crusty bread Contain: (Celery, gluten, Soya, Egg) Peach cobbler with custard Contain: (Dairy, wheat)	Wholemeal sandwich with chicken and cheese, tuna mayo + vegetable sticks Contain: (Dairy, soya, gluten, Eggs, Fish) Organic yogurt and raspberry blend Contain: (Dairy)
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chicken Chow Mein with peppers and green beans served with babycorn Contain: (Gluten, Soya, Egg) Apple and raisin oat muffins Contain: (Gluten, Egg, Dairy)	Creamy mushroom, garlic and leek Soup served with crusty bread Contain: (Celery, Gluten, Dairy, Soya) Fresh fruit salad