

Week 1:		
Day	Tea	Pudding
Monday Alternatives	Readymade plant based sausage rolls, mixed lettuce, cucumber & tomato (Allergens: Wheat, may contain milk) Vegan alternative sausage rolls	Fruit or Yoghurt (Allergens: Milk) Dairy Free Yogurt (May contain traces of nuts-no peanuts)
Tuesday Alternatives	Cheese scones with butter & pepper sticks (Allergens: Barley, oats, wheat, dairy, milk, egg) Free from scones (Dried EGG white and MILK)	
Wednesday Alternatives	Beans on toast with cucumber sticks (Allergens: Wheat) Free from bread (Dried EGG White)	
Thursday Alternatives	Sandwiches with ham, cheese, mixed lettuce (Allergens: Wheat, dairy) Free from bread (Dried EGG white); Quorn free from smoky ham (vegan); free from cheese (vegan)	
Friday Alternatives	Quiche Lorraine; pepper sticks & tomato (Allergens: Milk, dairy, egg, wheat) Readymade plant-based quiche (milk, egg)	

Week 2:		
Day	Tea	Pudding
Monday	Bagels with ham, cheese, carrot & cucumber sticks (Allergens: Dairy, Wheat, soya, Barley-may contain sesame)	Fruit or Yoghurt (Allergens: milk) Dairy Free Yoghurt (May contain traces of nuts-no peanuts)
Alternatives	Gluten Free bagels (SOYA and may contain Sesame); Vegan cheese	
Tuesday	Spaghetti on toast with pepper sticks (Allergens: Wheat)	
Alternatives	Free from Bread (Dried EGG white)	
Wednesday	Crumpets with cream cheese, jam, tomato & beetroot (Allergens: Dairy, wheat)	
Alternatives	Free from crumpets (Dried EGG white); free from cheese (vegan)	
Thursday	Frankfurter hot dogs, rolls, lettuce, pepper sticks (Allergens: milk, egg, wheat, soya, may contain sesame seeds)	
Alternatives	Free from rolls (Dried EGG white)	
Friday	Sandwiches with jam, cucumber sticks & tomato (Allergens: wheat)	
Alternatives	Free from Bread (Dried EGG white)	

Week 3:		
Day	Tea	Pudding
Monday	Wraps with cheese, ham, pepper sticks (Wheat)	Fruit or Yoghurt (Allergens: milk) Dairy Free Yogurt (May contain traces of nuts-no peanuts)
Alternatives	Free from wraps; free from cheese (vegan)	
Tuesday	Cheese on toast with cucumber sticks (wheat)	
Alternatives	Free from Bread (Dried EGG white) Free from cheese (vegan)	
Wednesday	Sandwiches with jam, cheese & tomato (wheat)	
Alternatives	Free from bread, (DRIED EGG WHITE) free from cheese (vegan)	
Thursday	Ham & cheese pizza with mixed lettuce (wheat, milk, soya, dairy)	
Alternatives	Free from pitta bread (Befree Gluten free) (may contain mustard and sesame); free from cheese (vegan)	
Friday	Spaghetti hoops on toast, carrot & cucumber sticks (wheat)	
Alternatives	Free from bread (DRIED EGG WHITE)	

Week 4:		
Day	Tea	Pudding
Monday	Scrambled egg on toast (Allergens: wheat, egg)	Fruit or Yoghurt (milk) Dairy Free Yogurt (May contain traces of nuts-no peanuts)
Alternatives	Free from bread (DRIED EGG WHITE), vegan cheese	
Tuesday	Quiche Lorraine, mixed lettuce, cucumber & tomato (Allergens: dairy, egg, wheat)	
Alternatives	Readymade plant chef meat free sausage rolls	
Wednesday	Ham & cheese pizza with mixed lettuce	
Alternatives	Free from pitta bread; (Befree Gluten free) (may contain mustard and sesame); free from cheese (vegan)	
Thursday	Crumpets with toppings (allergens: wheat)	
Alternatives	Free from crumpet	
Friday	Sandwiches with ham, cheese, carrots & cucumber sticks (Allergens: wheat, barley)	
Alternatives	Free from bread, free from alternative, free from cheese (vegan)	