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| Week 4 | Monday | Tuesday | Wednesday | Thursday  | Friday  |
| Breakfast | Assorted cerealsGluten/wheat free cereals  | Wholemeal toast with honey or cheese Gluten/wheat free wholemeal toast  | Homemade pancakesGluten/wheat dairy & egg free pancakes  | Assorted cerealsGluten/wheat free cereals  | Bagels with cream cheese & apple slices Gluten/wheat free bagels  |
| Lunch | Chicken pie, roast baby potatoes & spring greensVegetable pie Gluten/wheat & dairy free pastry Natural yogurt & honey Soya yogurt & honey  |  Lasagne, carrots & garlic bread Vegetarian lasagneGluten/wheat & egg free pasta Strawberry cheese cake Strawberries & soya cream | Fish cakes, cauliflower & broccoliGluten/wheat free breadcrumbs no egg added Baked pear & ice cream Soya ice cream | Hot dogs with corn on the cob & potato wedges Vegetarian hotdogGluten free sausages Carrot cake Gluten/wheat dairy & egg free  | Cheese & broccoli quiche vegetable sticks & coleslaw Gluten/wheat dairy & egg free vegetable pasties Flapjack Dairy free  |
| Tea | Tuna pasta bake & saladGluten/wheat free pasta no cheese Kiwi & strawberries |  Sweet & sour chicken, rice & spring rollsSweet & sour vegetables No spring rolls Banana split Soya ice cream | Homemade pizza & salad Vegetable pizza Gluten/wheat, dairy & egg free pizzaShortbread biscuitsGluten/wheat & dairy free shortbread  | Roast pork, spring greens & new potatoes Cheese & tomato tart Ice cream cones Soya ice cream |  Cowboy pie, cabbage & sweetcornVegetarian sausage Gluten/wheat & dairy free Jelly  |
| Number of fruit and vegetable portions | 7 | 8 | 8 | 7 | 9 |

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