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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday | | Breakfast | Assorted cereals  Gluten/wheat free cereals | Wholemeal toast with honey or cheese  Gluten/wheat free wholemeal toast | Homemade pancakes  Gluten/wheat dairy & egg free pancakes | Assorted cereals  Gluten/wheat free cereals | Bagels with cream cheese & apple slices  Gluten/wheat free bagels | | Lunch | Chicken pie, roast baby potatoes & spring greens  Vegetable pie  Gluten/wheat & dairy free pastry  Natural yogurt & honey  Soya yogurt & honey | Lasagne, carrots & garlic bread  Vegetarian lasagne  Gluten/wheat & egg free pasta  Strawberry cheese cake  Strawberries & soya cream | Fish cakes, cauliflower & broccoli  Gluten/wheat free breadcrumbs no egg added  Baked pear & ice cream  Soya ice cream | Hot dogs with corn on the cob & potato wedges  Vegetarian hotdog  Gluten 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 & salad  Gluten/wheat free pasta no cheese  Kiwi & strawberries | Sweet & sour chicken, rice & spring rolls  Sweet & sour vegetables  No spring rolls  Banana split  Soya ice cream | Homemade pizza & salad  Vegetable pizza  Gluten/wheat, dairy & egg free pizza  Shortbread biscuits  Gluten/wheat & dairy free shortbread | Roast pork, spring greens & new potatoes  Cheese & tomato tart  Ice cream cones  Soya ice cream | Cowboy pie, cabbage & sweetcorn  Vegetarian sausage  Gluten/wheat & dairy free  Jelly | | Number of fruit and vegetable portions | 7 | 8 | 8 | 7 | 9 | |