

Week 1		Breakfast 7.30am – 8.30am	Morning Snacks <i>Rolling from 9.15am – 9.45am</i>	Lunch 11.45am/12.00pm	Afternoon Snacks <i>Rolling from 2.15am – 2.45pm</i>	Tea 4.00pm
<p>Alternatives such as used:</p> <p>For Dairy – Dairy free spread, violife vegan Cheese, oat & soya milk</p> <p>For Soya – Soya free products, stock cubes and vegetables</p> <p>For Gluten: Rice flour, cornflour, alternative freeform products</p>	Monday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Crackers Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Vegetarian Bolognese with Spinach and Mixed Seasonal Vegetables. Greek Yogurt with Strawberries <i>Contains Soya, Dairy & Gluten Dairy Free Alternatives Used</i>	Breadsticks Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Lemon Chicken Dippers with a Mayo Dip, Cucumber, Peppers, Carrot Sticks and Beetroot. Orange Wedges & Grape Slices <i>Contains Dairy, Egg & Gluten Dairy Free Alternative Used</i>
	Tuesday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Rice Cakes Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Roast Chicken, Carrots, Broccoli, Roast Potatoes & Gravy. Watermelon Slices <i>Dairy Free, Soya Free & Gluten Free</i>	Crackers Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Butternut Squash & Parsnip Soup with Cheesy Toasted Soldiers. Banana Slices & Grapes <i>Contains Soya & Gluten Dairy Free Alternatives Used</i>
	Wednesday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Breadsticks Fruit Milk and Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Cajun Style Salmon, New Potatoes, Whole Beans and Sweetcorn. Dairy Free Apple Flapjack <i>Dairy & Gluten Free</i>	Oatcakes Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Vegetarian Sausage Roll, Potato Salad and Green Salad with Apple and Tomato Chutney. Banana and Kiwi Slices. <i>Contains Dairy & Gluten Alternatives for Dairy Free & Gluten Used</i>
	Thursday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Crackers Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Turkey Meatball with Kale and Savoury Rice and Borlotti Beans. Grilled Pineapple with Lime Sauce <i>Dairy Free, Soya Free & Gluten Free</i>	Rice Cakes Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Cold Meat Platter (Chicken, Beef) with Egg, Cheese, Mixed Salad and Bread Rolls. Mango and Apple Slices. <i>Contains Dairy, Egg & Gluten Alternatives for Dairy & Gluten Used</i>
	Friday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Rice Cakes Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Beef Burger with Sweet Potato Wedges, Peas, Courgette and Onion Gravy. Fruit Smoothie <i>Contains Gluten Alternatives for Gluten Used</i>	Crackers, Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Cheese, Leek and Potato Slices with Tomato and Butter Beans. Seasonal Fruit Platter. <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>

- Early bird
- Morning Session
- Afternoon Session

Week 2		Breakfast 7.30am – 8.30am	Morning Snacks <i>Rolling from 9.15am – 9.45am</i>	Lunch 12.00pm	Afternoon Snacks <i>Rolling from 2.15pm – 2.45pm</i>	Tea 4.00pm – 4.45pm
<p>Alternatives such as used:</p> <p>For Dairy – Dairy free spread, violife vegan Cheese, oat & soya milk</p> <p>For Soya – Soya free products, stock cubes and vegetables</p> <p>For Gluten: Rice flour, cornflour, alternative freeform products</p>	Monday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Crackers Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Vegetarian Sausages, Onion Gravy, Mash Potato, Sweetcorn and Seasonal Vegetables. Melon with Raspberry Coulis. <i>Contains Gluten & Soya Alternatives for Soya & Gluten Used</i>	Breadsticks Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Tagliatelle with Creamy Salmon, Courgette and Peas. Pineapple Slices. <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>
	Tuesday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Rice Cakes Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Cottage Pie with Cabbage and Haricot Beans. Fruit Salad. <i>Contains Gluten Alternatives for Gluten Used</i>	Crackers Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Cheese and Tomato Muffin Pizza with a Mixed Salad. Orange and Strawberry Chunks <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>
	Wednesday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Breadsticks Fruit Milk and Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Chicken Chow Mein with Noodles and Vegetables. Seasonal Fruit Platter. <i>Contains Egg, Gluten, Soya & Dairy Alternatives for Egg, Soya, Dairy & Gluten Used</i>	Oatcakes Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Vegetable Dippers with Jacket Potato Wedges, Beans, Red pepper and Hummus Dip. Grape & Apple Slices <i>Contains Gluten Alternatives for Gluten Used</i>
	Thursday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Crackers Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Breaded Baked Fish in a Vegetable Sauce with Roast Potatoes, Peas and Carrots. Greek Yogurt with Blueberry Sauce. <i>Contains Dairy, Egg and Gluten Alternatives for Dairy, Egg and Gluten Used.</i>	Rice Cakes Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Homemade Tomato Soup with Buttered Crusty Bread Melon and Bananas <i>Contains Gluten Alternatives for Gluten Used</i>
	Friday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Rice Cakes Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Turkey Stroganoff with Rice, Spinach & Chickpeas. Fresh Tropical Fruit Salad <i>Dairy Free</i>	Crackers, Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Lamb Kofta with Flat Bread, Tzatziki Sauce & Mixed Greek Salad Fruit Slices <i>Contains Gluten & Dairy Alternatives for Gluten Dairy Used</i>

- Early Bird
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- Afternoon Session

Week 3		Breakfast 7.30am – 8.30am	Morning Snacks <i>Rolling from 9.15am – 9.45am</i>	Lunch 12.00pm	Afternoon Snacks <i>Rolling from 2.15am – 2.45pm</i>	Tea 4.00pm – 4.45pm
<p>Alternatives such as used:</p> <p>For Dairy – Dairy free spread, violife vegan Cheese, oat & soya milk</p> <p>For Soya – Soya free products, stock cubes and vegetables</p> <p>For Gluten: Rice flour, cornflour, alternative freeform products</p>	Monday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Crackers Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Vegetarian Chili Con Carne with Brown Rice, Guacamole, Spinach and Mixed Vegetables. Greek Yoghurt with a Fruit Compote. <i>Contains Soya, Dairy Alternatives for Soya & Dairy Used</i>	Breadsticks Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Smoked Haddock and Sweetcorn Fishcakes with Mushy Peas and Carrots. Fruit Platter <i>Contains Gluten & Egg Alternative for Gluten & Egg Used</i>
	Tuesday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Rice Cakes Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Lancashire Hotpot with Swede Mash & Cabbage Trio of Melon <i>Contains Soya Alternatives for Soya Used</i>	Crackers Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Spaghetti with a Vegetable and Tomato Sauce. Banana and Grape Slices. <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>
	Wednesday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Breadsticks Fruit Milk and Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Chicken and Vegetable Curry, Brown Rice, Naan Bread and Poppadoms. Fruit Salad. <i>Contains Gluten, Dairy Alternatives for Gluten, Dairy Used</i>	Oatcakes Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Jacket Potato Wedges with a Cheesy Ratatouille Apples & Strawberries <i>Contains Dairy Alternatives for Dairy Used</i>
	Thursday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Crackers Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Beef and Onion Pie, Root Veg Mash, Broccoli and Carrots. Mango Slices. <i>Contains Gluten Alternatives for Gluten Used</i>	Rice Cakes Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Egg and Cress, Sardine & Tomato and Chicken and Cheese Sandwiches with Salad. Pear and Orange Chunks. <i>Contains Dairy and Egg Alternatives for Dairy & Egg Used</i>
	Friday	A Selection of Cereal Wholemeal Toast Milk & Water <i>Contains Dairy, Soya & Gluten Alternatives for Dairy, Soya & Gluten Used</i>	Rice Cakes Fruit Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Fish and Chips with Peas, Sweetcorn and Homemade Tartar Sauce. Fruit Platter <i>Contains Egg Alternatives for Egg Used.</i>	Crackers, Fresh Fruit & Vegetables Milk & Water <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>	Cheese, Mushroom and Spinach Pinwheels with Tomato Dip and a Mixed Salad. Seasonal Fruit Platter. <i>Contains Dairy & Gluten Alternatives for Dairy & Gluten Used</i>

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