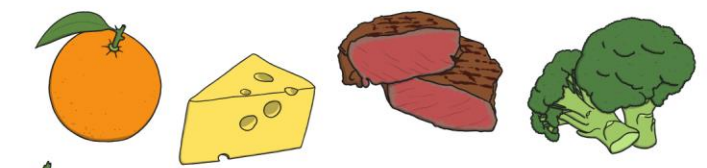
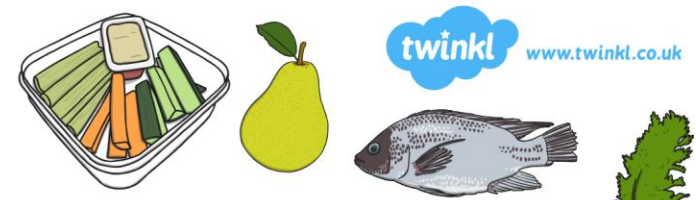


Weekly Menu Sample



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal with cow, almond or coconut milk	Selection of cereal with cow, almond or coconut milk	Selection of cereal with cow, almond or coconut milk	Selection of cereal with cow, almond or coconut milk	Selection of cereal with cow, almond or coconut milk
Mid Morning Snack	Fresh/ dried fruit	Fresh/ dried fruit	Fresh/ dried fruit	Fresh/ dried fruit	Fresh/ dried fruit
Lunch	Sandwich Peanut butter/ cheese spread/ marmite/ smashed avocado	Omelette Potato cake	Sandwich Peanut butter/ cheese spread/ marmite/ smashed avocado	Warm roll Butternut squash and sweet potato soup	Sandwich Peanut butter/ cheese spread/ marmite/ smashed avocado
Mid Afternoon Snack	Yoghurt and a healthy biscuit	Rice cakes	Homemade coconut and fruit muffins	Fruit and oat bar	Hummus and vegetable sticks
Tea/Dinner	Quorn mushroom, kidney bean, leek, and tomato lasagne Green beans	Make your own pizza (with a section of vegetables)	Tuna, sweetcorn and potato fishcakes Baked beans	Meatballs in tomato sauce Rice Carrots and broccoli	Tuna, sweetcorn and potato fishcakes Baked beans
Drinks	Water/ Milk/ Juice/ Squash	Water/ Milk/ Juice/ Squash	Water/ Milk/ Juice/ Squash	Water/ Milk/ Juice/ Squash	Water/ Milk/ Juice/ Squash
Allergy Information	Peanuts, specific fruits, milk, wheat, eggs	Peanuts, specific fruits, milk, wheat, eggs	Peanuts, specific fruits, milk, wheat, eggs, fish	Peanuts, specific fruits, milk, wheat, eggs	Peanuts, specific fruits, milk, wheat, eggs

