

<u>Week 4</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
<b><u>Monday</u></b>	Cucumber (14) oranges	Chicken casserole with savoury vegetable rice .(14-1)  apricots with vanilla yoghurt	Rice cakes apples	Jacket potato with beans and cheese with salad (14-7)  flapjacks (14-7-6-4-2)
<b><u>Tuesday</u></b>	Cheese straws (9-7-6-2-1) melons	pasta bolognaise (1-2-6-14 ) Fresh fruit (14-7-6-4-2)	Cream cheese filled celery (14)  Tomatoes (14)	Sandwich selection, with vegetable sticks. manderines and orange jelly (2-4-6-7)
<b><u>Wednesday</u></b>	Peas(14) Peppers(14)	Roast chicken, yorkshire pudding, roast potatoes, broccoli and carrots (14-1-2)  Fromage frais	Popcorn Raisins(14)	Hotdog sausages in a roll (4-7-2-6)  Carrot cake
<b><u>Thursday</u></b>	Hummus(12-6) Bread sticks(2-4-7-12)	Beef meatballs with spaghetti and roasted vegetables.(1-2-4-6-7-14)  Banana custard	Carrots (14) grapes	Scrambled eggs on toast . (1-2-4-6-7-9-14)  Fruit skewers with yoghurt dip 13-7-6-4-2)
<b><u>Friday</u></b>	Bananas Dried apple rings(14)	Breaded chicken breast, new potatoes and peas. (14-1-2-4-5-6-7)  Chocolate steamed pudding and chocolate sauce (7)	Cheese(7) pineapple	Selection of sandwiches (14-7-6-4-2) Trio of melon (14-7-6-4-2)

\*The numbers correspond to the new allergens information provided by the Food Standards Agency. Full details on Parent Board.

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