

## Example Menu 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8:00am to 9:15am)	Cereal selection and fruit	Cereal selection and fruit	Cereal selection and fruit	Cereal selection and fruit	Cereal selection and fruit
Lunch (11:30am to 12:15pm)	<p>Moroccan Lamb served with cous cous</p> <p>Alternative option: Moroccan chickpea stew</p> <p>Followed by mixed berries (Wheat)</p>	<p>Vegetable curry with brown rice.</p> <p>Followed by sliced bananas (Celery, Lupin)</p>	<p>Tuna and vegetable pasta bake.</p> <p>Followed by fruity jelly (no sugar) (Dairy, Fish, Lupin)</p>	<p>Hearty chicken casserole with seasonal vegetables.</p> <p>Alternative: Chickpea Casserole.</p> <p>Followed by Fresh fruit (Soya)</p>	<p>Beef lasagne served with homemade garlic bread</p> <p>Alternative option: Vegetable Lasagne</p> <p>Followed by pear and orange slices. (Dairy, Egg, Celery, Lupin)</p>
Tea (3:30pm to 4:00pm)	<p>Ham and cheese sandwiches served with Apple slices</p> <p>Followed by low sugar shortbread biscuit (Dairy, wheat, Lupin)</p>	<p>Crumpets with apple slices and apricots</p> <p>Followed by yoghurt (Dairy, Lupin)</p>	<p>Homemade savoury scones with carrot, celery and peppers crudités.</p> <p>Followed by pineapple slices. (Celery, Lupin)</p>	<p>Tomato and basil soup with bread.</p> <p>Followed by mini oat cakes. (Oats, Lupin)</p>	<p>Low sugar and salt beans on wholemeal toast.</p> <p>Followed by apple and cinnamon mini muffins. (Lupin, Egg, Wheat)</p>