

**Menu Planner**
**Week Beginning:** \_\_\_\_\_

**Week: 2**

|                  | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>  |
|------------------|--|--|--|--|--|
| <b>Breakfast</b> | 1.Malted Wheaties / Cheerios /MultiGrain hoop/Wheat Bisks<br>2.Brown Bread / Toast / Bagels with butter/jam<br>3.Egg, beans<br>4.Cheese / Yogurt<br>5. Breadstix<br>Milk/Water                               | 1.Malted Wheaties / Cheerios /MultiGrain hoop/Wheat Bisks<br>2.Brown Bread / Toast / Bagels with butter/jam<br>3.Egg, beans<br>4.Cheese / Yogurt<br>5. Breadstix<br>Milk/Water                               | 1.Malted Wheaties / Cheerios /MultiGrain hoop/Wheat Bisks<br>2.Brown Bread / Toast / Bagels with butter/jam<br>3.Egg, beans<br>4.Cheese / Yogurt<br>5. Breadstix<br>Milk/Water                               | 1.Malted Wheaties / Cheerios /MultiGrain hoop/Wheat Bisks<br>2.Brown Bread / Toast / Bagels with butter/jam<br>3.Egg, beans<br>4.Cheese / Yogurt<br>5. Breadstix<br>Milk/Water                               | 1.Malted Wheaties / Cheerios /MultiGrain hoop/Wheat Bisks<br>2.Brown Bread / Toast / Bagels with butter/jam<br>3.Egg, beans<br>4.Cheese / Yogurt<br>5. Breadstix<br>Milk/Water                               |
| <b>Allergens</b> | <b>1.Contains</b> Gluten-Wheat, Oats, Barley<br><b>2.Contains</b> Gluten-Wheat, Oats, Barley , Rye<br><b>3.Contains</b> Egg<br><b>4.Contains</b> Milk<br><b>5.Contains</b> Gluten – Wheat , Soybeans ,Sesame | <b>1.Contains</b> Gluten-Wheat, Oats, Barley<br><b>2.Contains</b> Gluten-Wheat, Oats, Barley , Rye<br><b>3.Contains</b> Egg<br><b>4.Contains</b> Milk<br><b>5.Contains</b> Gluten – Wheat , Soybeans ,Sesame | <b>1.Contains</b> Gluten-Wheat, Oats, Barley<br><b>2.Contains</b> Gluten-Wheat, Oats, Barley , Rye<br><b>3.Contains</b> Egg<br><b>4.Contains</b> Milk<br><b>5.Contains</b> Gluten – Wheat , Soybeans ,Sesame | <b>1.Contains</b> Gluten-Wheat, Oats, Barley<br><b>2.Contains</b> Gluten-Wheat, Oats, Barley , Rye<br><b>3.Contains</b> Egg<br><b>4.Contains</b> Milk<br><b>5.Contains</b> Gluten – Wheat , Soybeans ,Sesame | <b>1.Contains</b> Gluten-Wheat, Oats, Barley<br><b>2.Contains</b> Gluten-Wheat, Oats, Barley , Rye<br><b>3.Contains</b> Egg<br><b>4.Contains</b> Milk<br><b>5.Contains</b> Gluten – Wheat , Soybeans ,Sesame |
| <b>Dinner</b>    | 1.Chicken Curry & brown rice with peas & sweetcorn<br>2. Pasta bake with peas & sweetcorn<br>Milk/Water  | 1.Spaghetti bolognaise served with broccoli & sweetcorn<br>2.Homemade Frittata served with broccoli & sweetcorn<br>Milk/Water  | 1.Ham , mashed potatoes with carrot & broccoli<br>2. Macaroni & cheese with carrot & broccoli<br>Milk/Water  | 1.Shepherd's Pie served with carrots and peas<br>2.Vegetable soup with brown bread/brown roll<br>Milk/Water  | 1. Fish fingers , mashed potato with beans & carrots<br>2. Penne pasta with tomato sauce served with carrots<br>Milk/water   |
| <b>Allergens</b> | <b>1.Contains</b> – Gluten – Wheat , Milk<br><b>2. Contains</b> – Gluten-Wheat   | <b>1. Contains</b> – Gluten-Wheat, Milk<br><b>2. Contains</b> – Gluten-Wheat, Milk, Egg  | <b>1.Contains</b> – Gluten-Wheat , Milk ,<br><b>2. Contains</b> – Gluten-Wheat ,Milk,  | <b>1.Contains</b> – Gluten-Wheat , Milk ,<br><b>2. Contains</b> – Gluten-Wheat, Gluten – Barley ,Milk, Celery  | <b>1. Contains</b> – Gluten-Wheat, Milk,<br><b>2. Contains</b> – Gluten-Wheat, Milk,   |
| <b>Dessert</b>   | Fruit Salad  | Rice Pudding   | Sugar free jelly & yogurt  | Fruit Salad  | Apple bread with custard   |
| <b>Allergens</b> | <b>Contains</b> – N/A  | <b>Contains</b> - Milk   | <b>Contains</b> - Milk   | <b>Contains</b> – N/A  | <b>Contains</b> - Gluten-Wheat, Milk, Egg  |

Signed: \_\_\_\_\_