

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza wrap Cucumber Apple	Cheese wrap Cucumber orange	Beans on toast Raisins	Cheese sandwich Crisps Yoghurt	Crumpets Jelly
Allergens MILK WHEAT (May contain RYE, SPELT, BARLEY, OATS)	Allergen MILK WHEAT (May contain RYE, SPELT, BARLEY, OATS)	Allergens WHEAT, SOYA (May contain RYE BARLEY OATS)	Allergens MILK WHEAT, SOYA (May contain) RYE BARLEY OATS Crisps (May contain SOYA MUSTARD CEREALS containing GLUTEN, WHEAT)	Allergens WHEAT (May contain MILK, SOYA) MILK

Alternatives for week 1 and 2

- Crackers with jam, butter or cheese = **WHEAT**, (May contain **OATS RYE BARLEY**) **MILK**
- Toast with jam, butter or cheese = **WHEAT, SOYA** (May contain **RYE BARLEY OATS**) **MILK**

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Bagels jam, butter or cheese Cucumber Raisins	Ham wrap Cucumber Jelly	Spaghetti on toast Apple	Ham sandwich Crisps Orange	Pizza wrap Cucumber Yoghurt
Allergens WHEAT BARLEY RYE (May contain SESAME or SESAME SEEDS) MILK	Allergens WHEAT (May contain RYE SPELT BARLEY OATS)	Allergens WHEAT, SOYA (May contain RYE BARLEY OATS) WHEAT (May contain EGGS)	Allergens WHEAT, SOYA (May contain) RYE BARLEY OATS Crisps may contain SOYA MUSTARD CEREALS containing GLUTEN, WHEAT	Allergens MILK WHEAT (May contain) RYE SPELT BARLEY OATS

