

# KIDDI'S MENU

Please note: These are sample menus and are subject to change  
Menu produced under the guidance of a Registered Dietician



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Choice of Porridge, Cornflakes <small>Gluten-Barley</small> Rice Krispies® <small>Gluten-Barley</small> or Whole Wheat Breakfast Cereal <small>Gluten-Wheat, Barley</small> and Brown & White Toast <small>Gluten-Wheat, Soya</small>				
<b>Morning Snack</b>	<b>Apple &amp; Breadsticks</b> <small>Gluten-Wheat</small>	<b>Pear &amp; Cheese Whirls</b> <small>Gluten-Wheat, Dairy</small>	<b>Banana &amp; Crackers</b> <small>Gluten-Wheat</small>	<b>Melon &amp; Cookie</b> <small>Gluten-Wheat</small>	<b>Grapes &amp; Bread</b> <small>Soya, Gluten-Wheat</small>
<b>Lunch</b>	<b>Beef Cottage Pie with Carrots &amp; Peas</b> <small>Dairy</small>	<b>Turkey Roast with Roast Potatoes, Broccoli &amp; Swede</b> <small>N/A</small>	<b>Macaroni Cheese with hidden Chick Peas &amp; Green Beans</b> <small>Sulphite, Gluten-Wheat, Dairy</small>	<b>Chicken Korma with Rice &amp; Mixed Veg</b> <small>Sulphite, Mustard, Celery, Dairy</small>	<b>Salmon Fillets in Smart Crumbs with Root Mash &amp; Parsley Sauce</b> <small>Fish, Gluten-Wheat, Dairy</small>
<b>Veggie Option</b>	<b>Veg Cottage Pie with Carrots &amp; Peas</b> <small>Dairy</small>	<b>Quorn™ Dippers with Roast Potatoes, Broccoli &amp; Swede</b> <small>Gluten-Wheat, Egg</small>	<b>Macaroni Cheese with hidden Chick Peas &amp; Green Beans</b> <small>Sulphite, Gluten-Wheat, Dairy</small>	<b>Veg Lentil Korma with Mixed Veg</b> <small>Sulphite, Mustard, Celery, Dairy</small>	<b>Veg Fingers with Root Mash &amp; Parsley Sauce</b> <small>Gluten-Wheat, Dairy</small>
<b>Dessert</b>	<b>Banana &amp; Custard</b> <small>Dairy</small>	<b>Yoghurt with Fruit Purée</b> <small>Dairy</small>	<b>Coconut Sponge &amp; Custard</b> <small>Sulphite, Gluten-Wheat, Egg, Milk</small>	<b>Bread &amp; Butter Pudding with Cream</b> <small>Soya, Gluten-Wheat</small>	<b>Fudge Tart</b> <small>Dairy, Gluten-Wheat, Soya</small>
<b>Afternoon Snack</b>	A Selection of Fruit and Veg which may include Apple, Pear, Orange, Banana and Grapes; Carrots, Cucumber and Peppers				
<b>Afternoon Tea</b>	<b>Veg Scotch Broth with Bread</b> <small>Celery, Gluten-Wheat-Barley, Soya</small> <b>Flapjack</b> <small>Gluten-Oats</small>	<b>Tuna Mayo Wrap with Carrot &amp; Cucumber Sticks</b> <small>Fish, Egg, Mustard, Gluten-Wheat</small> <b>Fairy Cakes</b> <small>Gluten-Wheat, Egg</small>	<b>Ham, Cucumber &amp; Tomato Rolls</b> <small>Soya, Gluten-Wheat</small> <b>Orange</b>	<b>Jacket Potato with Beans</b> <b>Chocolate Cornflake Cakes</b> <small>Dairy, Soya, Gluten-Wheat, Barley</small>	<b>Crackers &amp; Cheese with Mayonnaise &amp; Salad</b> <small>Gluten-Wheat, Egg, Mustard</small> <b>Pears</b>

# KIDDI'S MENU

Please note: These are sample menus and are subject to change  
Menu produced under the guidance of a Registered Dietician



Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Choice of Porridge, Cornflakes <small>Gluten-Barley</small> Rice Krispies® <small>Gluten-Barley</small> or Whole Wheat Breakfast Cereal <small>Gluten-Wheat, Barley</small> and Brown & White Toast <small>Gluten-Wheat, Soya</small>				
<b>Morning Snack</b>	<b>Melon &amp; Cookie</b> <small>Gluten-Wheat, Oats</small>	<b>Grapes &amp; Breadsticks</b> <small>Gluten-Wheat</small>	<b>Apple &amp; Pitta</b> <small>Gluten-Wheat</small>	<b>Pear &amp; Cheese Whirls</b> <small>Gluten-Wheat, Dairy</small>	<b>Banana &amp; Crackers</b> <small>Gluten-Wheat</small>
<b>Lunch</b>	<b>Potato &amp; Veg Lentil Gratin with Mixed Veg</b> <small>Gluten-Wheat</small>	<b>Sausage Casserole with New Potatoes, Carrots &amp; Peas</b> <small>N/A</small>	<b>Chicken Chow Mein with Macedoine Veg</b> <small>Gluten-Wheat, Soya, Egg</small>	<b>Tuna &amp; Sweetcorn Pasta with Broccoli</b> <small>Gluten-Wheat, Dairy, Fish</small>	<b>Roast Beef with Roast Potatoes, Yorkshire Pudding, Green Beans &amp; Swede</b> <small>Gluten-Wheat, Dairy, Soya, Celery</small>
<b>Veggie Option</b>	<b>Potato &amp; Veg Lentil Gratin with Mixed Veg</b> <small>Gluten-Wheat</small>	<b>Quorn™ Sausage Casserole with New Potatoes, Carrots &amp; Peas</b> <small>Gluten-Wheat, Barley, Sulphite, Egg, Dairy</small>	<b>Veg Chow Mein</b> <small>Gluten-Wheat, Soya, Egg</small>	<b>Quorn™ &amp; Sweetcorn Pasta with Broccoli</b> <small>Gluten-Wheat, Dairy, Egg</small>	<b>Bean Cakes with Roast Potatoes, Yorkshire Pudding, Green Beans &amp; Swede</b> <small>Gluten-Wheat, Dairy, Soya, Celery</small>
<b>Dessert</b>	<b>Fruit Cobbler with Whipped Cream</b> <small>Dairy, Gluten-Wheat</small>	<b>Jam Sponge with Custard</b> <small>Dairy, Egg, Sulphite, Gluten-Wheat</small>	<b>Macaroni Pudding</b> <small>Gluten-Wheat, Dairy</small>	<b>Fruit Jelly with Ice Cream</b> <small>Dairy</small>	<b>Fruit Purée with Yoghurt</b> <small>Dairy</small>
<b>Afternoon Snack</b>	A Selection of Fruit and Veg which may include Apple, Pear, Orange, Banana and Grapes; Carrots, Celery, Cucumber and Peppers				
<b>Afternoon Tea</b>	<b>Salmon &amp; Veg Wraps with Veg Sticks</b> <small>Dairy, Fish, Mustard, Eggs, Gluten-Wheat</small> <b>Orange</b>	<b>Veg Ravioli &amp; Toast</b> <small>Gluten-Wheat, Soya</small> <b>Muffin</b> <small>Gluten-Wheat, Dairy, Egg</small>	<b>Bacon &amp; Sweetcorn Chowder</b> <small>Dairy, Celery</small> <b>Banana</b>	<b>Hot Quiche &amp; Beans</b> <small>Gluten-Wheat, Dairy, Egg</small> <b>Muesli Slice</b> <small>Gluten-Barley, Oats, Sulphite</small>	<b>Pitta Bread with Turkey Mayo &amp; Salad</b> <small>Gluten-Wheat, Mustard, Egg</small> <b>Apple</b>

# KIDDI'S MENU

Please note: These are sample menus and are subject to change  
Menu produced under the guidance of a Registered Dietician



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Choice of Porridge, Cornflakes</b> <small>Gluten-Barley</small> <b>Rice Krispies®</b> <small>Gluten-Barley</small> <b>or Whole Wheat Breakfast Cereal</b> <small>Gluten-Wheat, Barley</small> <b>and Brown &amp; White Toast</b> <small>Gluten-Wheat, Soya</small>				
<b>Morning Snack</b>	<b>Pear &amp; Crackers</b> <small>Gluten-Wheat</small>	<b>Banana &amp; Ginger Biscuits</b> <small>Gluten-Wheat, Dairy, Egg</small>	<b>Grapes &amp; Cheese Whirls</b> <small>Gluten-Wheat, Dairy</small>	<b>Apple &amp; Bread</b> <small>Gluten-Wheat, Soya</small>	<b>Melon &amp; Breadsticks</b> <small>Gluten-Wheat</small>
<b>Lunch</b>	<b>Salmon Thai Curry with Rice &amp; Veg</b> <small>Fish</small>	<b>Chicken, Tomato &amp; Herb Pasta Bake with hidden Spinach</b> <small>Gluten-Wheat</small>	<b>Roast Lamb with Roast Potatoes, Green Beans &amp; Carrots</b> <small>Gluten-Wheat, Soya, Celery</small>	<b>Veg Mousakka with Mixed Veg</b> <small>Gluten-Wheat, Dairy</small>	<b>Turkey &amp; Veg Pie with New Potatoes &amp; Broccoli</b> <small>Gluten-Wheat, Soya, Celery</small>
<b>Veggie Option</b>	<b>Butternut Squash &amp; Red Pepper Thai Curry</b> <small>Gluten-Wheat</small>	<b>Tomato, Lentil &amp; Herb Pasta Bake</b> <small>Gluten-Wheat</small>	<b>Quorn™ Fillets with Roast Potatoes, Green Beans &amp; Carrots</b> <small>Egg, Gluten-Wheat, Soya, Celery</small>	<b>Veg Moussaka with Mixed Veg</b> <small>Gluten-Wheat, Dairy</small>	<b>Quorn™ &amp; Veg Pie with New Potatoes &amp; Broccoli</b> <small>Gluten-Wheat, Soya, Celery, Egg</small>
<b>Dessert</b>	<b>Chocolate Sponge &amp; Custard</b> <small>Gluten-Wheat, Dairy, Soya, Egg</small>	<b>Apple Sponge Tart &amp; Custard</b> <small>Gluten-Wheat, Egg, Dairy</small>	<b>Fruit Purée with Yoghurt</b> <small>Dairy</small>	<b>Rice Pudding with Fruit</b> <small>Dairy</small>	<b>Fruit Salad &amp; Crème Fraiche</b> <small>Dairy</small>
<b>Afternoon Snack</b>	<b>A Selection of Fruit and Veg which may include Apple, Pear, Orange, Banana and Grapes; Carrots, Celery, Cucumber and Peppers</b>				
<b>Afternoon Tea</b>	<b>French Stick Pizza</b> <small>Gluten-Wheat</small> <b>Pear</b>	<b>Jacket Potato with Cheese</b> <small>Dairy</small> <b>Orange</b>	<b>Sausage in a Roll</b> <small>Gluten-Wheat, Sulphite, Soya</small> <b>Cup Cake</b> <small>Gluten-Wheat, Egg, Dairy</small>	<b>Chunky Minestrone Soup</b> <small>Celery, Gluten-Wheat, Sulphite</small> <b>Cookie</b> <small>Gluten-Wheat, Egg</small>	<b>Tuna &amp; Cucumber Sandwich</b> <small>Gluten-Wheat, Soya, Fish, Egg, Mustard</small> <b>Fruit Muffin</b> <small>Gluten-Wheat, Egg</small>

# KIDDI'S MENU

Please note: These are sample menus and are subject to change  
Menu produced under the guidance of a Registered Dietician



Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Choice of Porridge, Cornflakes <small>Gluten-Barley</small> Rice Krispies® <small>Gluten-Barley</small> or Whole Wheat Breakfast Cereal <small>Gluten-Wheat, Barley</small> and Brown & White Toast <small>Gluten-Wheat, Soya</small>				
<b>Morning Snack</b>	<b>Banana &amp; Bread</b> <small>Gluten-Wheat</small>	<b>Melon &amp; Bread</b> <small>Gluten-Wheat, Soya</small>	<b>Pear &amp; Breadsticks</b> <small>Gluten-Wheat</small>	<b>Grape &amp; Biscuits</b> <small>Gluten-Wheat. Gluten-Oats</small>	<b>Apple &amp; Cheese Whirls</b> <small>Gluten-Wheat, Dairy</small>
<b>Lunch</b>	<b>Pork with Roast Potatoes, Green Beans &amp; Swede</b> <small>N/A</small>	<b>Haddock, New Potatoes &amp; Carrots with Tomato &amp; Herb Sauce</b> <small>Fish, Gluten-Wheat</small>	<b>Beef Lasagne &amp; Salad</b> <small>Gluten-Wheat, Soya, Egg</small>	<b>Lamb Shepherd's Pie, Peas &amp; Swede</b> <small>Dairy</small>	<b>Bean Ratatouille &amp; Cous Cous</b> <small>Gluten-Wheat, Celery</small>
<b>Veggie Option</b>	<b>Veg &amp; Lentil Bake</b> <small>Gluten-Wheat, Dairy, Celery</small>	<b>Quorn™ Fillet, New Potatoes &amp; Carrots with a Herb &amp; Tomato Sauce</b> <small>Egg</small>	<b>Veggie Mince Lasagne with Salad</b> <small>Soya, Gluten-Barley</small>	<b>Veg &amp; Bean Shepherd's Pie</b> <small>Dairy</small>	<b>Bean Ratatouille &amp; Couscous</b> <small>Gluten-Wheat, Celery</small>
<b>Dessert</b>	<b>Fruit &amp; Ice Cream</b> <small>Dairy</small>	<b>Apple Strudel &amp; Custard</b> <small>Gluten-Wheat, Soya, Dairy</small>	<b>Fruit Yoghurt</b> <small>Dairy</small>	<b>Semolina</b> <small>Gluten-Wheat, Dairy</small>	<b>Fruit Sponge &amp; Custard</b> <small>Gluten-Wheat, Egg, Dairy</small>
<b>Afternoon Snack</b>	A Selection of Fruit and Veg which may include Apple, Pear, Orange, Banana and Grapes; Carrots, Celery, Cucumber and Peppers				
<b>Afternoon Tea</b>	<b>Salmon Salad Rolls</b> <small>Fish, Egg, Mustard</small> <b>Pear Tart</b> <small>Gluten-Wheat, Egg</small>	<b>Butternut Squash Chowder with Pitta Strips</b> <small>Celery, Gluten-Wheat</small> <b>Fairy Cakes</b> <small>Egg, Gluten-Wheat</small>	<b>Chicken Mayo Wraps &amp; Veg Sticks</b> <small>Dairy, Gluten-Wheat</small> <b>Orange</b>	<b>Pasta &amp; Tomato Sauce with hidden Lentils</b> <small>Gluten-Wheat</small> <b>Muffin</b> <small>Egg, Gluten-Wheat</small>	<b>Scrambled Egg &amp; Pancetta with Bread &amp; Butter</b> <small>Egg, Dairy, Gluten-Wheat</small> <b>Banana</b>

# KIDDI'S MENU

Please note: These are sample menus and are subject to change  
Menu produced under the guidance of a Registered Dietician



Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Choice of Porridge, Cornflakes <small>Gluten-Barley</small> Rice Krispies® <small>Gluten-Barley</small> or Whole Wheat Breakfast Cereal <small>Gluten-Wheat, Barley</small> and Brown & White Toast <small>Gluten-Wheat, Soya</small>				
<b>Morning Snack</b>	<b>Grape &amp; Bread</b> <small>Soya, Gluten-Wheat</small>	<b>Apple &amp; Breadsticks</b> <small>Gluten-Wheat</small>	<b>Melon &amp; Cheese Whirls</b> <small>Gluten-Wheat, Dairy</small>	<b>Pear &amp; Cracker</b> <small>Gluten-Wheat</small>	<b>Banana &amp; Cookie</b> <small>Gluten-Wheat</small>
<b>Lunch</b>	<b>Butternut Squash, Lentil Rice Risotto with Peas</b> <small>Gluten-Wheat, Dairy, Celery</small>	<b>Beef &amp; Veg Stew with Dumplings &amp; Shredded Cabbage</b> <small>Celery, Gluten-Wheat</small>	<b>Tuna &amp; Sweetcorn, Potato Pie with Mixed Veg</b> <small>Fish, Dairy</small>	<b>Roast Chicken with Roast Potatoes, Green Beans &amp; Swede</b> <small>N/A</small>	<b>Ham &amp; Tomato Spinach Pasta Bake with Garlic Bread</b> <small>Gluten-Wheat</small>
<b>Veggie Option</b>	<b>Butternut Squash, Lentil Rice Risotto with Peas</b> <small>Gluten-Wheat, Dairy, Celery</small>	<b>Root Veg Stew with Dumplings &amp; Shredded Cabbage</b> <small>Celery, Gluten-Wheat</small>	<b>Red Pepper &amp; Sweetcorn, Potato Pie with Mixed Veg</b> <small>Dairy</small>	<b>Quorn™ Fillet with Roast Potatoes, Green Beans &amp; Swede</b> <small>Egg</small>	<b>Butter Bean &amp; Tomato Spinach Pasta Bake with Garlic Bread</b> <small>Gluten-Wheat</small>
<b>Dessert</b>	<b>Apple Crumble with Custard</b> <small>Gluten-Wheat</small>	<b>Baked Pineapple with Ice Cream</b> <small>Dairy</small>	<b>Semolina</b> <small>Dairy, Gluten-Wheat</small>	<b>Yoghurt with Fruit Purée</b> <small>Dairy</small>	<b>Pear Sponge &amp; Custard</b> <small>Gluten-Wheat, Egg, Dairy</small>
<b>Afternoon Snack</b>	A Selection of Fruit and Veg which may include Apple, Pear, Orange, Banana and Grapes; Carrots, Celery, Cucumber and Peppers				
<b>Afternoon Tea</b>	<b>Salmon Frittata</b> <small>Fish, Egg, Dairy</small> <b>Pear</b>	<b>Jacket Potatoes with Cheese</b> <small>Dairy, Egg, Mustard</small> <b>Cup Cake</b> <small>Gluten-Wheat, Egg</small>	<b>Pasta &amp; Lentil Bake</b> <small>Gluten-Wheat</small> <b>Orange</b>	<b>Creamy Veg Chowder</b> <small>Celery, Dairy</small> <b>Muesli Slice</b> <small>Sulphite, Dairy, Egg, Gluten-Wheat, Barley, Oats</small>	<b>Veggie Chilli Wraps</b> <small>Gluten-Wheat</small> <b>Bread Pudding</b> <small>Dairy, Egg, Soya, Gluten-Wheat, Sulphite</small>