

## Menus for children over 9 months

<b>Week 1</b>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wheat cereal - contains wheat & milk	Toasted muffins & bananas - contains dairy wheat, soya & gluten	Wholegrain cereal Contains wheat & milk	Cornflakes - Contains wheat & milk	Wholemeal toast Contains dairy, wheat, gluten & soya
Snack	Bread sticks apple & dip Contains wheat, gluten, barley, sesame seed, soya, milk & dairy	Cheese, pear & rice cakes - Contains dairy	Pear, bananas & bread sticks Contains wheat, gluten, barley, sesame seed, soya	Cherry tomatoes, crackers & Cheese cubes - contains dairy wheat	Oranges. melon & pancakes Contains wheat, eggs & milk
Lunch	Cottage pie – beef mince, potato, vegetables & gravy – contains wheat & soya	Moroccan lamb with rice - lamb, vegetables, tomatoes & spices	Chicken & vegetable pasta Contains wheat, oats & gluten	Fish Pie – contains cod, potatoes, vegetables and stock	Chicken & vegetable casserole
Snack	Rice cakes, banana & oranges	Strawberries, banana & pancakes Contains wheat, eggs & milk	Carrot sticks, melba toast & houmous – contains gluten, wheat, barley, sesame seeds, & soya	Berries apple & oat cakes Contains nuts, oats & milk	Pineapple banana & rice cakes
Tea	Ham sandwiches with tomatoes, peppers & cucumber – contains wheat, gluten, soya & dairy Fruit crumble and custard - contains wheat and dairy	Homemade fish cakes with beans – salmon, bread, egg, flour, herbs – contains wheat, eggs & mustard Greek yoghurt – contains dairy	Cheese and crackers – contains dairy, milk & soya Fruit cake Contains dairy, wheat & eggs	Beans on Toast – contains wheat, gluten & soya Pineapple & rice pudding Contains dairy	Homemade pizza with toppings, ham, cheese, tomato, sweetcorn, peppers Contains wheat and dairy 5 fruit salad

<b>Week 2</b>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain cereal Contains wheat & milk	Wholemeal toast & banana – contains dairy, wheat, gluten & soya	Wheat cereal – contains wheat & milk	Porridge - contains gluten, oats & milk	Bagels - contains dairy wheat & sesame
Snack	Cherry tomatoes, Cheese cubes & bread sticks – Contains wheat, gluten, barley, sesame seed, soya, milk & dairy	Banana, melon & Rice cakes -	Banana, strawberries & oranges	Orange, banana & rice cakes	Apple, cheese & pancakes – contains wheat, egg and milk & dairy
Lunch	Chicken pie, carrot thatch, veg & gravy chicken, vegetables, potato and carrot mash – contains wheat, milk & soya	Vegetable Risotto	Chicken dinner – chicken, potatoes, vegetables and gravy – contains wheat, milk & soya	Spaghetti bolognese – beef mince, vegetables, tomatoes and wheat. Pasta – contains wheat, oats & gluten Home made garlic bread-contains wheat & gluten	Boiled ham, mashed potato & mixed vegetables with parsley sauce – contains dairy, gluten, milk & soya
Snack	Peppers, carrot sticks with dip - contains milk & eggs	Apples, oranges & Strawberries	Pear, pineapple & oat cakes - Contains – nuts, oats & milk	Cheese cubes, apples & melba toast - Contains wheat, gluten, barley, sesame & soya	Carrots, bread sticks & houmous – contains gluten, wheat, barley, sesame seeds, milk & soya
Tea	Tuna, Mayo and cucumber wraps – Contains tuna, wheat, gluten, eggs & mustard Fruit yoghurt – contains dairy Fruit salad	Breaded chicken & salad –tomatoes cucumber & peppers Contains wheat & gluten Apricot and custard – contains dairy	Tortilla wrap with mayonnaise, ham & cucumber - Contains wheat, gluten, eggs & mustard Bread pudding – Contains wheat, gluten, soya, dairy & eggs	Potato Wedges & salad Dip contains egg & milk Fruit salad	Soup of the week with a bread roll Contains -milk, wheat, gluten, soya Blueberry loaf - Contains – wheat, dairy & eggs

<b>Week 3</b>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain cereal - contains wheat & milk	Crumpets – contains dairy, wheat, gluten & milk	Wheat cereal - contains wheat & milk	Wholemeal toast – contains dairy, wheat, gluten & soya	Rice crispies – contains wheat & milk
Snack	Cheese, apple & melba toast – contains dairy, wheat, barley, sesame, soya	Pineapple, banana & oat cakes Contains nuts, oats & milk	Banana, apple & rice cakes	Cucumber, pepper & dip – contains dairy, eggs & milk	Cheese, apple & bread sticks – contains wheat, gluten, sesame seeds, milk & dairy
Lunch	Homemade fish fingers with a bread crust, cheesy mash and spaghetti - Contains cod, wheat, dairy, gluten & soya	Homemade meatballs – beef mince, bread, egg With a vegetable & tomato sauce. Pasta contains wheat, oats & gluten	Cheesy chicken & mushroom gratin with vegetables - chicken, mushrooms & potato and cheese mash - Contains dairy, wheat, milk & soya	Lamb & vegetable hotpot – lamb, vegetables in a lamb stock gravy – contains celery	Chicken curry – chicken, vegetable, tomatoes and spices Brown rice & naan bread- contains wheat, Gluten, milk, eggs, mustard
Snack	Carrots, bread sticks & houmous - gluten, wheat, barley, sesame seeds, milk & soya	Apple, orange & Rice cakes	Pear, strawberries & pancakes – contains wheat, eggs & milk	Melon & Apple & oat cakes – contains nuts, oats & milk	Rice cakes, oranges & banana
Tea	Homemade Minestrone Soup Pasta contains wheat, oats & gluten Peach loaf Contains wheat dairy & egg	Cheese scones with beans - Contains wheat & dairy Fruit salad	Sardines on toast - Contains sardines, traces of mustard, wheat, gluten & soya Apple crumble & ice-cream – contains wheat & dairy	Turkey wraps with tomatoes, peppers & cucumber – contains dairy, gluten, wheat & soya Banana & custard Contains dairy	Tuna sweet-corn & cheese pasta – Contains tuna, wheat, milk, gluten, dairy, soya & mustard Greek yoghurt - contains dairy

<b>Week 4</b>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain Cereal- Contains Wheat & milk	Wholemeal toast - Contains dairy, wheat, gluten & soya	Cornflakes - Contains wheat & milk	Toasted muffins & bananas - contains dairy, wheat, soya & gluten	Wheat cereal - contains wheat & milk
Snack	Apple, oranges & oat cakes – contains nuts, oats & milk	Pear, bananas & rice cakes –	Cherry tomatoes Cheese cubes & bread sticks– contains dairy, wheat, barley sesame. Soya & milk	Melon, pear & rice cakes	Apple, bananas & oat cakes Contains nuts, oats & milk
Lunch	Chicken & vegetable stew	Chicken & vegetable pasta Contains wheat, oats & gluten	Fish Pie – contains cod, potatoes, vegetables and stock	Moroccan lamb with rice - lamb, vegetables, tomatoes & spices	Cottage pie – beef mince, potato, vegetables & gravy – contains wheat & soya
Snack	Pineapple, banana & pancakes – contains wheat, eggs & milk	Carrot sticks, bread sticks & houmous – contains gluten, wheat, barley, sesame, soya & milk	Berries, apple & rice cakes	Pancakes, blueberries & strawberries Contains wheat, eggs & milk	Melba toast, cheese spread, grapes & oranges – contains eggs & milk
Tea	Homemade pizza with toppings, ham, cheese, tomato, sweetcorn, peppers Contains wheat and dairy Greek yoghurt – contains dairy	Cheese and crackers – contains , dairy, milk & soya Lemon drizzle cake with ice-cream Contains dairy, wheat & eggs	Ham sandwiches with tomatoes, peppers & cucumber – contains wheat, gluten, soya & dairy Apricot and custard – contains dairy	Homemade fish cakes with beans – salmon, bread, egg, flour, herbs – contains wheat, eggs & mustard Bananas & frozen yoghurt – contains dairy	Potato Wedges, dip with cucumber, peppers & tomatoes Dip contains egg & milk Strawberries & rice pudding Contains dairy

<b>Week 5</b>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain Cereal- Contains Wheat	Wholemeal toast & banana – contains wheat, gluten & soya	Bagels - contains wheat & sesame	Wheat cereal – contains wheat	Porridge - contains gluten & oats
Snack	Melon, oranges & breadsticks - contains wheat, gluten, sesame seeds, soya & milk	Pear, banana & pancakes – contain wheat, egg & milk	Apple, cheese & melba toast – contains dairy, wheat, barley, sesame, soya & milk	Banana, pear & oat cakes – contains nuts, oat & milk	Orange, Pineapple & rice cakes
Lunch	Vegetable Risotto	Chicken pie, carrot thatch, veg & gravy - chicken, vegetables, potato and carrot mash – contains wheat, milk & soya	Boiled ham, mashed potato & mixed vegetables with parsley sauce – contains dairy, gluten, milk & soya	Chicken dinner – chicken, potatoes, vegetables and gravy – contains wheat, milk & soya	Spaghetti bolognese – beef mince, vegetables, tomatoes - pasta contains wheat, oats & gluten Home made garlic bread- contains wheat & gluten
Snack	Apples, Strawberries & oat cakes – contains nuts, oats & milk	Peppers, carrot sticks with dip - Dip contains milk & eggs	Carrots, cucumber & Houmous– contains mustard and sesame seeds	Cherry tomatoes, Cheese cubes & bread sticks– contains dairy, wheat, barley, sesame, soya & milk	Banana, pear & bread sticks – wheat, barley, sesame, soya & milk
Tea	Breaded chicken & salad –tomatoes cucumber & peppers Contains wheat & gluten Greek yoghurt - contains dairy	Tuna, Mayo and cucumber wraps – Contains tuna, wheat, gluten, eggs & mustard Apricots & custard – contains dairy	Soup of the week with a bread roll Or tuna pate on crackers with vegetable sticks – contains tuna, milk, wheat, gluten, soya Fruit salad	Tortilla wrap with mayonnaise, ham & cucumber - Contains wheat, gluten, eggs & mustard Pineapple cake – contains wheat, dairy & eggs	Beans on Toast – contains dairy, wheat, gluten & soya Fruit Crumble & frozen Yoghurt – contains wheat & dairy

<b>Week 6</b>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain cereal - contains wheat & milk	Rice crispies – contains wheat & milk	Wholemeal toast – contains dairy, wheat, gluten & soya	Wheat cereal - contains wheat & milk	Crumpets – contains dairy, wheat, gluten & milk
Snack	Pancakes, bananas & orange - Contains wheat, egg & milk	Cheese, apples & bread sticks - contains wheat, gluten, barley, sesame seeds, milk, soya & dairy	Cucumber, pepper & dip - contains Eggs & milk	Carrots, bread sticks & houmous - contains wheat, gluten, barley, sesame, mustard, soya milk & dairy	Pineapple, apple & Rice Cakes
Lunch	Homemade fish fingers with a bread crust, cheesy mash and spaghetti - Contains cod, wheat, dairy, gluten & soya Yoghurt – contains dairy	Chicken curry – chicken, vegetable, tomatoes and spices Brown rice & naan bread- contains wheat, Gluten, milk, eggs & mustard	Lamb & vegetable hotpot – lamb, vegetables in a lamb stock gravy – contains celery	Cheesy chicken & mushroom gratin with vegetables - chicken, mushrooms & potato and cheese mash - Contains dairy, wheat, milk & soya	Homemade meatballs – beef mince, bread, egg With a vegetable & tomato sauce. Pasta contains wheat, oats & gluten
Snack	Apple, pear & rice cakes	Rice cakes. Oranges & banana	Melon, banana & Apple	Banana, strawberries & oat cakes – Contain nuts, oats & milk	Pear orange & bread sticks – contains wheat, barley. Sesame, soya & milk
Tea	Turkey wraps with tomatoes, peppers & cucumber – contains dairy, gluten, wheat & soya Strawberries & rice pudding Contains dairy	Homemade Minestrone Soup Pasta contains wheat, oats & gluten Fruit & frozen yoghurt - Contains dairy	Cheese scones with beans - Contains wheat & dairy  Blueberry cake – Contains wheat, gluten, soya, dairy & eggs	Sardines on toast - Contains sardines, traces of mustard, wheat, gluten & soya Greek yoghurt – Contains dairy	Tuna sweet-corn & cheese pasta – Contains tuna, wheat, milk, gluten, dairy, soya & mustard Bananas & ice-cream contains dairy