

*Sample Menu ONLY - please see all centres individual pages for specific information*

<i>MEALS</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
BREAKFAST	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY
MORNING SNACK	BREAD STICKS & GARLIC DIP CONTAINS DAIRY, EGG & WHEAT	SELECTION OF FRUIT	SELECTION OF FRUIT	SELECTION OF FRUIT	RICE CAKES WITH BUTTER CONTAINS DAIRY & WHEAT
DINNER	CHICKEN CURRY, VEG & BOILED RICE  CONTAINS WHEAT & CELERY MILK/WATER	SHEPHERDS PIE WITH HERB TOPPING  CONTAINS WHEAT MILK/WATER	PORK DUMPLINGS WITH MUSHROOMS, AND PASTA  CONTAINS WHEAT MILK/WATER	NOODLES WITH CHICKEN SWEETCORN, AND PEAS  CONTAINS WHEAT MILK/WATER	BEEF PASTA BAKE WITH GARLIC BREAD  CONTAINS DAIRY AND WHEAT MILK/WATER
DESSERT	YOGHURTS CONTAINS DAIRY	JELLY & ICE-CREAM CONTAINS DAIRY	FRESH FRUIT	STEWED APPLE & CUSTARD CONTAINS DAIRY	YOGHURT CONTAINS DAIRY
AFTERNOON SNACK	BUTTERED CRACKERS & RICE CAKES CONTAINS DAIRY  WATER/MILK	BREADSTICKS & DIP CONTAINS DAIRY  WATER/MILK	BUTTERED CRACKERS & RICE CAKES CONTAINS DAIRY  WATER/MILK	BREADSTICKS & DIP CONTAINS DAIRY  WATER/MILK	FRUIT MEDLEY  WATER/MILK
TEA	ASSORTED SANDWICHES CONTAINS DAIRY  WATER/MILK	CHEESE & CHICKEN SANDWICHES CONTAINS DAIRY, WHEAT  WATER/MILK	ASSORTED SANDWICHES CONTAINS WHEAT  WATER/MILK	SCONES WITH BUTTER AND JAM CONTAINS DAIRY  WATER/MILK	WRAPS WITH HAM & CHEESE CONTAINS DAIRY, WHEAT WATER/MILK
Number Of Servings Per Day	2 7 4 5	2 6 6 4	1 6 5 4	1 7 6 5	2 7 4 5

