

Appendix A: Three Week Menu Plan

Week 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am breakfast	Porridge	Corn Flakes	Porridge	Corn Flakes	Porridge
Allergens	Oat-Milk	Barley-Milk	Oat-Milk	Barley-Milk	Oat-Milk
10:15 am Snack	Fruit/Veg Raw	Fruit/Veg Raw	Fruit/Veg Raw	Fruit/Veg Raw	Fruit/Veg Raw
Allergens					
12:15pm Lunch Hot meal	Warm Mediterranean couscous salad	Mexican risotto with cheese	Chicken & mushroom pie	Vegetable & chickpea Tagile with spiced couscous	Turkey Stew
Ingredients	Courgette, aubergine, peppers, tomatoes, tomato sauce, mix herbs, couscous	Carrot, onion, garlic, peppers, kidney beans, sweet corn,	Chicken, mushroom, leek, carrot, onion, celery, peas, mash potato	Chickpea, peppers, courgette, aubergine, tomato sauce, cumin, couscous	Carrots, onions, celery, mushroom, Turkey, rosemary, potatoes

		tomatoes, brown rice			
Allergens:	MILK	GLUTEN, MILK	CELERY, GLUTEN, MILK	GLUTEN, MILK	GLUTEN, WHEAT, CELERY
4pm Soup (hot meal)	Soup & rice	Soup & barley	Soup & Beans	Soup & Lentils	Soup & quinoa
Ingredients	Mixed vegetable, rice	Mixed vegetable, barley	Mixed vegetable & Beans	Mixed vegetable & lentils	Mixed vegetable & quinoa
Allergens:	CELERY, GLUTEN	CELERY, GLUTEN	CELERY, GLUTEN	CELERY, GLUTEN	CELERY, GLUTEN

Week 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am breakfast	Porridge	Corn Flakes	Porridge	Corn Flakes	Porridge
Allergens	Oat-Milk	Barley-Milk	Oat-Milk	Barley-Milk	Oat-Milk

10:15 am Snack	Fruit/Veg Raw	Fruit/Veg Raw	Fruit/Veg Raw	Fruit/Veg Raw	Fruit/Veg Raw
Allergens					
12:15pm Lunch Hot meal	Little Italy with garlic bread	Chilli concarne with brown rice	Veg Curry in coconut sauce and fresh coriander	Fish Pie	Spinach & Bacon pasta
Ingredients	Carrot, onion, celery, tomato sauce, mix herbs, garlic bread, brown pasta	Onion, garlic, carrots, beans, sweet corn, brown rice, cumin, paprika, tomato sauce	Brown rice, curry, Spice, courgette, peppers, green beans, spinach, coriander	Carrot, leek, onion, tuna, peas, sweet corn, potatoes	Bacon, Brown pasta, spinach, courgette, peppers, mushrooms, tomato sauce, cheese
Allergens:	MILK	GLUTEN, MILK	CELERY, GLUTEN, MILK	GLUTEN, MILK	GLUTEN, WHEAT, CELERY

4pm Soup (hot meal)	Soup & rice	Soup & barley	Soup & Beans	Soup & Lentils	Soup & quinoa
Ingredients	Mixed vegetable, rice	Mixed vegetable, barley	Mixed vegetable & Beans	Mixed vegetable & lentils	Mixed vegetable & quinoa
Allergens:	CELERY, GLUTEN	CELERY, GLUTEN	CELERY, GLUTEN	CELERY, GLUTEN	CELERY, GLUTEN

Week 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am breakfast	Porridge	Corn Flakes	Porridge	Corn Flakes	Porridge
Allergens	Oat-Milk	Barley-Milk	Oat-Milk	Barley-Milk	Oat-Milk
10:15 am Snack	Fruit/Veg Raw	Fruit/Veg Raw	Fruit/Veg Raw	Fruit/Veg Raw	Fruit/Veg Raw
Allergens					
12:15pm Lunch Hot meal	Fish Fingers with paprika wedges	Letcho with chickpea	Cottage pie	Pasta Bolognese with cheese	Bacon & Veg pasta

Ingredients	Fish Fingers, potato wedges, paprika	Chickpea, peppers, courgette, onion, tomato, rice	Carrot, onion, celery, mushrooms, peas, mash potato	Onion, carrot, celery, tomato sauce, mince beef, cheese	Bacon, Brown pasta, spinach, courgette peppers, mushrooms, tomato sauce, cheese
Allergens:	MILK	GLUTEN, MILK	CELERY, GLUTEN, MILK	GLUTEN, MILK	GLUTEN, WHEAT, CELERY
4pm Soup (hot meal)	Soup & rice	Soup & barley	Soup & Beans	Soup & Lentils	Soup & quinoa
Ingredients	Mixed vegetable, rice	Mixed vegetable, barley	Mixed vegetable & Beans	Mixed vegetable & lentils	Mixed vegetable & quinoa

Allergens:	CELERY, GLUTEN	CELERY, GLUTEN	CELERY, GLUTEN	CELERY, GLUTEN	CELERY, GLUTEN
-------------------	-------------------	-------------------	-------------------	-------------------	-------------------