



## Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Pancake and warm milk <b>**Dairy, gluten**</b>	Bean cakes with corn pudding and warm milk <b>**Milk, Gluten**</b>	Golden morn with warm milk <b>**Milk, Gluten**</b>	Toast Bread and Eggs with Hot Chocolate <b>**Gluten**</b>	Egg and Mayonnaise Sandwich & Hot Chocolate <b>**Gluten**</b>
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Plantain and Yam Porridge <b>**crayfish**</b>	Jollof Rice with Sauté chicken and Coleslaw <b>**Rice, crayfish**</b>	Boiled Potato with Fish Sauce <b>**Fish**</b>	Okra and Pumpkin Leaf Soup with Beef and Semovita <b>**Crayfish, Gluten**</b>	spaghetti Bolognese <b>**Gluten**</b>
Alternative Dish	Alternative Dish	Alternative Dish	Alternative Dish	Alternative Dish
Pumpkin Leaf and Goat Meat Soup with Semovita <b>**Gluten, Crayfish**</b>	White Rice with Tomato Soup and Stewed Chicken <b>**Rice**</b>	Potato Chips and Eggs with Tomato Ketchup <b>**Eggs**</b>	Chicken Curry with Basmati Rice <b>**Rice**</b>	Jacket Potato with Egg Sauce <b>**Eggs**</b>
Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
Egg Mayonnaise Sandwich with Salad <b>**Eggs, Gluten**</b>	Tuna/ Mackerel Mayonnaise Sandwich with Salad <b>**Fish, Mustard, Gluten**</b>	Cheese Sandwich on with Salad <b>**Dairy, Gluten**</b>	Chicken Mayonnaise Sandwich with Salad <b>**Gluten**</b>	Tuna/ Mackerel Mayonnaise Sandwich with Salad <b>**Fish, Mustard, Gluten**</b>
<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>
Fresh Fruit Yogurt <b>**Dairy**</b>	Cup Cake with Fruit Juice <b>**Gluten**</b>	Fresh Fruit Yogurt, Cheese and Crackers <b>**Dairy and Gluten**</b>	Zobo drink and Biscuits <b>**Gluten, Eggs and Milk**</b>	Carrot Sticks and Orange Juice <b>**Dairy**</b>

### **\*\* Allergens\*\***

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<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
Toast Bread and Eggs with warm milk <b>**Dairy, gluten**</b>	Moi Moi with corn pudding and warm milk <b>**Milk, Fish, Egg **</b>	Boiled Yam and Egg Sauce <b>** Egg**</b>	Pancakes with Hot Chocolate <b>** Gluten**</b>	Corn Flakes with Warm Milk <b>**Gluten**</b>
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Veggie Rice with Chicken <b>**Rice**</b>	White Rice and Stew with Chicken <b>**Rice, Crayfish **</b>	Porridge Beans and Fried Plantain <b>** Crayfish**</b>	White Rice and Minced Beef Stew <b>** Rice**</b>	Okra and Pumpkin Leaf Soup with Beef and Semovita <b>**Gluten**</b>
Alternative Dish	Alternative Dish	Alternative Dish	Alternative Dish	Alternative Dish
Potato Chips with Veggie Sauce <b>**Sulfites**</b>	Boiled Potato with Stew and Eggs <b>** Egg**</b>	Fried Yam and Plantain with Egg Sauce <b>**Sulphites, Egg**</b>	Spaghetti Bolognese <b>** Gluten**</b>	Roasted Plantain with Egg Sauce <b>**Egg**</b>
Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
Egg Mayonnaise Sandwich with Salad <b>**Eggs, Gluten**</b>	Tuna/ Mackerel Mayonnaise Sandwich with Salad <b>**Fish, Mustard, Gluten**</b>	Cheese Sandwich with Salad <b>** Dairy, Gluten**</b>	Chicken Mayonnaise Sandwich with Salad <b>** Gluten**</b>	Tuna/ Mackerel Mayonnaise Sandwich with Salad <b>**Fish, Mustard, Gluten**</b>
<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>
Fresh Fruit Yogurt <b>**Dairy**</b>	Cup Cake with Fruit Juice <b>**Gluten**</b>	Fresh Fruit, Yogurt, Cheese and Crackers <b>**Dairy and Gluten**</b>	Zobo drink and Biscuits <b>**Gluten, Eggs and Milk**</b>	Carrot Sticks and Orange Juice <b>**Dairy**</b>

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Bread with Sardine and Hot Chocolate <b>**Dairy, gluten**</b>	Bean cakes with corn pudding and warm milk <b>**Milk, Gluten **</b>	Egg and Mayonnaise Sandwich & Hot Chocolate <b>** Gluten**</b>	Toast Bread and Eggs with Hot Chocolate <b>** Gluten**</b>	Choco Pops with Warm Milk <b>**Gluten**</b>
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Plantain and Potato Porridge <b>**Crayfish**</b>	White Rice and Curry <b>**Rice **</b>	Jacket Potato with Egg Sauce <b>** Egg**</b>	Jollof Rice and Chicken <b>** Crayfish**</b>	Okra and Pumpkin Leaf Soup with Beef and Semovita <b>**Gluten**</b>
<i>Alternative Dish</i>	<i>Alternative Dish</i>	<i>Alternative Dish</i>	<i>Alternative Dish</i>	<i>Alternative Dish</i>
Pumpkin Leaf and Goat Meat Soup with Semovita <b>**Gluten**</b>	Spaghetti and Chicken Sauce <b>** Gluten**</b>	Potato Chips and Eggs with Tomato Ketchup <b>**Sulfites**</b>	Chicken and Chips <b>** Sulfites**</b>	Boiled Plantain and Egg stew <b>**Egg**</b>
<i>Sandwiches</i>	<i>Sandwiches</i>	<i>Sandwiches</i>	<i>Sandwiches</i>	<i>Sandwiches</i>
Egg Mayonnaise Sandwich with Salad <b>**Eggs, Gluten**</b>	Tuna/ Mackerel Mayonnaise Sandwich with Salad <b>**Fish, Mustard, Gluten**</b>	Cheese Sandwich on with Salad <b>** Dairy, Gluten**</b>	Chicken Mayonnaise Sandwich with Salad <b>** Gluten**</b>	Tuna/ Mackerel Mayonnaise Sandwich with Salad <b>**Fish, Mustard, Gluten**</b>
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