

Menu 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Museli base (no nuts) with dried and fresh fruit with milk Wholemeal toast, sugar free jam (no artificial sweetners); 100% fruit juice which is served 1:5 water.	Fresh griddled pancakes with natural yoghurt and fruit puree Wholemeal toast, sugar free jam (no artificial sweetners); 100% fruit juice which is served 1:5 water.	Museli base (no nuts) with dried and fresh fruit with milk Wholemeal toast, sugar free jam (no artificial sweetners); 100% fruit juice which is served 1:5 water.	Porridge with fruit and milk Wholemeal toast, sugar free jam (no artificial sweetners); 100% fruit juice which is served 1:5 water.	Museli base (no nuts) with dried and fresh fruit with milk Wholemeal toast, sugar free jam (no artificial sweetners); 100% fruit juice which is served 1:5 water.
<b>Lunch</b>	Kidney Bean and Vegetable Chilli with Brown Rice Natural Yoghurt & Lime Dressing	Shepherd's Pie (Made with Quorn Mince)	Sag a Loo with Lentils and Rice	Courgette , Feta Cheese & Red Onion Tart with New Potatoes	Stuffed Peppers with Mung Beans, Onions, Mushrooms & Cheese. Grilled Hoki.
<b>Vegetables &amp; Salad</b>	Tomato & Coriander Salsa Green Leaf Salad	Mixed Bean Salad Green Salad	Baby Carrots Beetroot/Green Salad	Tomato & Basil Salad Green salad	Tabbouleh (Made with Bulgar Wheat) Green Leaf Salad
<b>Dessert</b>	Fresh Fruit Smoothies	Natural yoghurt and Honey	Fresh Fruit	Fresh Fruit	Fresh fruit Salad
<b>Teas</b>	Pasta in Tomato Sauce Fresh Fruits	Baked Potato with Cottage Cheese & Pinapple or Baked Beans	Sardines or Cheese on toast. Fresh fruit	Minestrone Soup With Wholemeal Bread Fresh Fruit	Baked Beans on Wholemeal Toast Vegetable Crudités Fresh Fruit
<b>Daily Additions</b>	Water Whole Meal Bread	Water Whole Meal Bread	Water Whole Meal Pita	Water Whole Meal Baguette	Water Granary Bread

Alternative dishes should be provided for children with special diets

Although Cater-Link makes every endeavour to eliminate the use of nuts in our food production, many of the ingredients supplied to us are produced in factories where nuts may be used. As a result we cannot guarantee a 100% nut free menu