

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water
Snack (AM)	Strawberry and breadsticks Milk / Water	Kiwi and rice cakes Milk / Water	Apple and breadsticks Milk / Water	Crackers and cream cheese and blueberries Milk / Water	Banana and rice cakes Milk / Water
Lunch	Vegetable ratatouille with couscous Pear	Chicken and vegetables casserole with rice Peach	Vegetable meatballs with spaghetti Melon	Chili con carne with rice Banana Cake	Fish pie with mashed potatoes Yoghurt
Tea	Omelette with tomatoes, spinach and mushrooms Apple	Beans on toast Banana	Tomato soup with bread Carrot Cake	Tortilla wraps with chicken slices, lettuce, tomatoes and sweetcorn Peach	Linguine pasta in a tomato sauce Fruit salad
Snack (PM)	Watermelon and cheese twists Milk / Water	Plum and breadsticks Milk / Water	Crackers and cream cheese with cucumber sticks Milk / Water	Brioche with cheese and carrot sticks Milk / Water	Mixed pepper slices and breadsticks Milk / Water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water
Snack (AM)	Raisins and breadsticks Milk / Water	Blueberries and cheese twists Milk / Water	Crackers and cheese with apple slices Milk / Water	Rice cakes and melon Milk / Water	Pineapple and breadsticks Milk / Water
Lunch	Stir fried noodle with chicken Banana	Cod fish with peppers in tomato sauce and rice Strawberries	Vegetable sausages, mashed potato, peas and gravy Pear	Chicken korma with rice Melon	Spaghetti Bolognese and garlic bread Jelly
Tea	Orzo pasta with mixed vegetables Plum	Leek and potato soup with bread Apple	Selection of sandwiches (tuna, cheese, cream cheese and cucumber) with salad Cupcakes	Omelette with baked beans Pear	Fish cakes, peas and spaghetti hoops Peach
Snack (PM)	Banana muffin and pear Milk / Water	Carrot and cucumber sticks and breadsticks Milk / Water	Melon and rice cakes Milk / Water	Homemade flapjack with pepper sticks Milk / Water	Fruit smoothie and crackers Milk / Water

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water
Snack (AM)	Cheese and crackers and apple Milk / Water	Rice cakes and melon Milk / Water	Plum and crackers Milk / Water	Breadsticks and raisins Milk / Water	Banana and rice cakes Milk / Water
Lunch	Jacked potato, cheese, tuna, sweetcorn Melon	Chickpea and spinach curry with rice Oranges	Chicken fajitas with tortilla wraps and mixed peppers Homemade rice pudding	Fish pie with peas and broccoli Pear	Macaroni cheese with broccoli Peaches
Tea	Toast with baked beans Banana	Couscous with mixed vegetables Vanilla sponge Cake	Homemade potato wedges with beans Apple Slices	Carrot and coriander soup Blueberry cupcakes	Spaghetti hoops with toast Yoghurt
Snack (PM)	Fruit smoothie and breadsticks Milk / Water	Toasted muffin and blueberries Milk / Water	Cheese twists and apple Milk / Water	Crackers and banana Milk / Water	Homemade flapjacks with celery and cucumber sticks Milk / Water

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water	Choice of cereal Milk / Water
Snack (AM)	Breadsticks and pepper sticks Milk / Water	Melon and crackers Milk / Water	Cheese crackers with pear Milk / Water	Cheese twists with banana Milk / Water	Breadsticks and strawberries Milk / Water
Lunch	Vegetable lasagne and salad Banana	Chili con carne with mince and rice Pear	Vegetable meatballs with orzo Apples	Chicken and vegetable hotpot Yoghurt	Salmon and wholemeal spaghetti with cheese Plum slices
Tea	Tomato soup and bread rolls Ginger cake	Chicken noodle soup Pineapple	Fish fingers with homemade potato wedges and salad Oranges	Baked beans on toast Melon	Selection of sandwiches (tuna, cheese, cream cheese and cucumber) with salad Oranges
Snack (PM)	Brioche with cheese and melon Milk / Water	Rice cakes and raisins Milk / Water	Fruit smoothie and rice cakes Milk / Water	Carrot and cucumber sticks and breadsticks Milk / Water	Homemade oatcakes with blueberries Milk / Water