

**Week 1**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Weetabix or shredded wheat with tinned peaches & milk	Weetabix or Shredded wheat with raisins & milk	Toast with soft cheese spread or Jam	Weetabix or Shredded Wheat with banana & milk	Weetabix or Shredded wheat with dried apricots and milk
<b>AM Snack</b>	Fromage Frias with apple slices	Hummous with cucumber sticks	Bananas smoothie	Grapes/milk	Crackers with cheese slices
<b>Lunch</b>	Lamb or Beef Chilli con carne with rice, broccoli and tomatoes	Roast Chicken with potatoes, cauliflower, carrots and gravy	Salmon and Cod fish cakes with boiled potatoes and green peas	Meat balls in tomato sauce with spaghetti and green salad	Sweet and Sour Chicken with red & green peppers and plain noodles
	(V)Vegetarian chilli con carne with Kidney beans, rice, broccoli and tomatoes	(V)Quorn roast with potatoes, cauliflower, carrots and vegetarian gravy	(V)Mashed butterbean cakes with boiled potatoes and green beans	(V) Mashed tofu in tomato sauce with spaghetti and green salad	(V) Sweet and Sour tofu with red & green peppers and plain noodles
<b>Desert</b>	Fresh fruit salad	Natural yoghurt with fresh fruit	Rice Pudding	Fruit cocktail in juice (not syrup)	Banana and Custard
<b>PM Snack</b>	Kiwi/milk	Oranges/milk	Crackers/milk	Hummous with carrot sticks	Strawberries/milk
<b>Tea</b>	Tuna and Sweetcorn Pasta salad	Baked beans on toast with grated cheese	Selection of sandwiches: chicken and sweetcorn, or tuna and sweetcorn	Cheese and Tomato Pitta bread pizzas served with baked beans	Scrambled egg on toast with grilled tomatoes
	*(V) Chickpea and Sweetcorn Pasta salad		*(V) hummus and sweetcorn served with cucumber slices		

All meals and snacks are served with water or milk. Water is available throughout the day. June 2018

## Week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Weetabix or shredded wheat with tinned peaches & milk	Weetabix or Shredded wheat with raisins & milk	Toast with soft cheese spread or Jam	Weetabix or Shredded Wheat with banana & milk	Weetabix or Shredded wheat with dried apricots and milk
<b>AM Snack</b>	Cucumber sticks with hummus	Scotch pancakes with soft cheese spread	Sliced peppers and breadsticks with hummus	Banana with natural yoghurt	Celery sticks filled with soft cream cheese
<b>Lunch</b>	Chicken stew with rice and mixed veg ( peas, carrots, broccoli)	Spaghetti Bolognese and green salad	Salmon, sweetcorn and Pepper Pasta Bake with coleslaw	Chicken and onion curry served with rice and string beans	Jacket potatoes with beans, cheese and coleslaw
	(V) Quorn stew with rice and mixed veg (peas, carrots and broccoli)	(V) Red kidney bean Bolognese and green salad	Butterbean pie with carrots, peas and a potato topping	(V) Chickpea and Onion curry served with rice and string beans	
<b>Desert</b>	Fromage Frias	Rice pudding	Rhubarb and Apple Crumble with custard	Fruit Salad	Stewed fruit with natural yoghurt
<b>PM Snack</b>	Apple slices and milk	Sliced melon and milk	Grapes and milk	Crackers with cheese spread and milk	Tinned Pineapple in juice and milk
<b>Tea</b>	Toasted bagel topped with Scrambled egg, carrot and cucumber	Tomato and Cheese Quiche with salad and a bread roll	Egg mayonnaise sandwiches with carrot and cucumber sticks	Mexican bean salad served in tortilla wraps	Noodles with mixed beans and vegetables

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### Week 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Weetabix or shredded wheat with tinned peaches & milk	Weetabix or Shredded wheat with raisins & milk	Toast with soft cheese spread or Jam	Weetabix or Shredded Wheat with banana & milk	Weetabix or Shredded wheat with dried apricots and milk
<b>AM Snack</b>	Vegetable Platter	Chopped Pears	Hard boiled egg quarters with tomatoes	Crackers with Cheese	Hummus with carrot sticks
<b>Lunch</b>	Tuna and pasta bake topped with grated cheese and served with coleslaw	Salmon Fish Fingers with mashed potatoes and baked beans	Lamb lasagne served with salad	Chicken and Swede risotto	Vegetable and chickpea curry served with rice
	(V) Lentil and pasta bake topped with grated cheese and served with coleslaw	Vegetable fingers with mashed potatoes and baked beans	Quorn Lasagne served with salad	Chickpea and Swede risotto	
<b>Desert</b>	Fresh Fruit Salad	Fruit Jelly	Bread and Butter Pudding	Natural yoghurt with dried dates	Fromage fraise with fresh fruit
<b>PM Snack</b>	Satsuma's and milk	Banana and Milk	Breadsticks and pepper slices	Baby Sweetcorn and cherry tomatoes	Rice cakes with cheese spread
<b>Tea</b>	Cheese and tomato pitta pizzas served with chickpea salad	Pasta salad with sweetcorn, green peas and chickpeas	Toasted sandwich with a cheese and baked bean filling served with salad	Tortilla wraps filled with egg and tomato or tuna salad	Vegetable quiche served with salad and sliced bread

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### Week 4

	<b>Monday</b>	<b>Tuesday</b>	Wednesday	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Weetabix or shredded wheat with tinned peaches & milk	Weetabix or Shredded wheat with raisins & milk	Toast with soft cheese spread or Jam	Weetabix or Shredded Wheat with banana & milk	Weetabix or Shredded wheat with dried apricots and milk
<b>AM Snack</b>	Mixed chopped fruits and milk	Crackers with cottage cheese and milk	Baby sweetcorn and yellow pepper strips + milk	Breadsticks with humous dip and milk	Crackers with cheese and baby tomatoes and milk
<b>Lunch</b>	Minced Lamb Pie served with Gravy and Mixed Vegetables	Thai Green Chicken Curry served with Boiled Rice and Green beans	Sausages with boiled potatoes and mixed vegetables	Chicken Stew with vegetables and Dumplings	Lamb lasagne served with salad
	Mushrooms and Lentil Pie Served with Gravy and Mixed Vegetables	Thai Green Vegetable Curry using Cannellini beans served with rice and green beans	Quorn sausages with boiled potatoes and mixed vegetables	Mixed Bean Stew with vegetables and Dumplings	Tofu Mince Lasagne served with salad
<b>Desert</b>	Pineapple Upside down cake	Tinned fruits served with custard	Stewed apple and sultanas	Fruit Jelly	Home Made Carrot Cake
<b>PM Snack</b>	Tinned fruit and milk	Apple Slices and milk	Boiled egg quarters with cherry tomatoes	Oatcakes with cream cheese and milk	Banana and milk
<b>Tea</b>	Warm chicken and sweetcorn wraps	Tinned salmon and cucumber sandwiches	Couscous served with mixed vegetables and red kidney beans	Beans and cheese on Toast	Leek and Butter Bean Soup Served with bread roll
	Warm Mexican bean wraps	Egg Mayonnaise and cucumber sandwiches			

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