



WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast
Snacks	Apple & Cheese	Wholemeal pitta with Tzatziki & Pepper	Bagels with hummus & avocado	Wholemeal pitta with guacamole	Greek yoghurt with strawberries
Lunch	Tomato Pasta & sweetcorn	Spiced chicken with rice & broccoli	Roast chicken dinner	Sausage, mash potatoes & carrots	Fish, potato & peas
Pudding	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Snacks	Corn cakes with orange	Cheese twists with tomato salsa	Breadsticks with carrots & hummus	Carrots and cheese spread	Apple and oatcakes
Tea	Beans on toast	Jacket potato with tuna & sweetcorn	Cheesey - peasy pasta	Scrambled eggs with wholemeal toast & cherry tomato	Pizza muffins with vegetable sticks
Pudding	Greek yoghurt with banana fingers	Unsweetened rice pudding with blueberries	Watermelon	Winter berries & cream	Banana & custard



WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast
Snacks	Grapes & cheese	Watermelon & greek yoghurt	Wholemeal pitta bread & sour cream dip	Corncakes, carrot & guacamole	Greek yoghurt & strawberries
Lunch	Vegetable fajitas with mixed rice & corn	Creamy chicken pie with carrots & mashed potato	Roast pork dinner	Spiced chicken, sunshine rice & peas	Fish, potato & peas
Pudding	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Snacks	Wholemeal pitta with hummus	Pepper sticks, breadsticks & tatziki	Home made banana muffins	Cheese twists & apple slices	Cucumber sticks, breadsticks & hummus
Tea	Tuna pasta with vegetables	Jacket potato with baked beans	Cheese on toast	Toasted pitta pockets with veggie sticks	Tomato & basil soup with home made bread
Pudding	Greek yoghurt with berries	Orange slices	Pear	Unsweetened rice pudding with blueberries	Banana & dairy free cream



WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast
Snacks	Oatcakes & Tatziki	Corncake, carrots & Guacamole	Grapes & Greek yoghurt	Watermelon fingers & Cheese sticks	Cheese twists & tomato salsa
Lunch	Vegetarian Bolognese	Chicken curry with rice & peas	Roast chicken dinner	Quorn vegetable stir fry	Fish, potato & peas
Pudding	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Snacks	Breadsticks with carrots & hummus	Apple & Cheese	Flatbread & sourcream dip	Crumpets with soft cheese & cucumber	Peppers, breadstick & tatziki
Tea	Cheese on toast with cucumber sticks	Jacket potato with beans	Tomato pasta	Scrambled eggs with wholemeal toast & cherry tomato	Vegetable soup with wholemeal bread
Pudding	Unsweetened rice pudding with strawberries	Fresh Melon	Banana	Stewed apple & custard	Greek yoghurt & Raspberries