

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Choice of wheat biscuits, cheerios, rice crispies or corn flakes with toast				
Snack - fresh fruit platter (three portions of either grapes, apples, bananas, pears, oranges, grapes, melon, pineapple, kiwi)				
Lunch				
Fillet of fish served with mashed potatoes, green beans and parsley sauce/ Frittata Fromage frais	Jerk chicken/ vegetable curry served with rice and peas (contains onions, garlic, red & green lentils, peppers, courgette, carrots, jerk spice) Apple & pear sponge with custard	Winter beef/ quorn sausage casserole (contains onions, garlic, red & green lentils, peppers, courgette, carrots, pearl barley, sweet potato, potato) Fresh fruit salad	Pork/ vegetable stroganoff served with potatoes (contains onions, garlic, red & green lentils, peppers, courgette, carrots, crème fraiche) Chocolate orange sponge	Shepherds pie/ vegetable bake (contains onions, garlic, red & green lentils, peppers, courgette, carrots, minced lamb, potatoes) Greek yoghurt with fruit puree
Afternoon Snack - with a beaker of milk (full fat under two and semi-skimmed for over two)				
Crumpets and olive spread	Choice of cereal (wheat biscuits, rice snaps, cornflakes and milk)	Wholemeal bread and olive spread	Plain pancake	Crackers and cream cheese spread
Tea				
Cherry Tomato & Cucumber Batons Cheese & Crackers Red Apple	Turkey sub roll Beetroot and carrot salad Pineapple wedge	Beans on wholemeal toast and olive spread	Scrambled egg served with wholemeal bread olive spread	Cheese roll Sweetcorn and Cucumber salad

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Choice of wheat biscuits, cheerios, rice crispies or corn flakes with toast				
Snack - fresh fruit platter (three portions of either grapes, apples, bananas, pears, oranges, grapes, melon, pineapple, kiwi)				
Lunch				
<p>Fish pie/ baked potatoes served with baked beans and cheese (potatoes, green beans, white sauce, cheese)</p> <p>Greek yoghurt served with fruit puree</p>	<p>Cawl/ vegetable casserole (contains onions, garlic, red & green lentils, peppers, courgette, carrots, sweet potato, potato)</p> <p>Iced sponge cake</p>	<p>Chilli/ glamorgan sausage served with fluffy rice and fresh bread (contains onions, garlic, red & green lentils, cannellini beans, peppers, courgette, carrots, sweet potato, chilli, minced beef)</p> <p>Fresh fruit salad</p>	<p>Honey baked gammon/ vegetable burger served with mashed potato and seasonal vegetables (contains broccoli, cauliflower, carrots, peas)</p> <p>Fromage frais</p>	<p>Cottage pie served with seasonal vegetables/ spaghetti served with tomato sauce (contains onions, garlic, red & green lentils, peppers, courgette, carrots, minced beef, potatoes)</p> <p>Jam sponge pudding served with custard</p>
Afternoon Snack - with a beaker of milk (full fat under two and semi-skimmed for over two)				
Choice of cereal (wheat biscuits, rice snaps, cornflakes and milk)	Granary bread and olive spread	Plain English muffin	Crackers and cream cheese spread	Tortilla wrap
Tea				
<p>Honey roast ham roll Cheese cubes Cucumber batons Pineapple wedge</p>	<p>Cheese roll Cherry tomato and cucumber batons Pear</p>	<p>Scrambled egg served with wholemeal bread olive spread</p>	<p>Beans on wholemeal toast and olive spread</p>	<p>Tuna roll Diced cucumber and sweetcorn salad Green apple</p>

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Choice of wheat biscuits, cheerios, rice crispies or corn flakes with toast				
Snack - fresh fruit platter (three portions of either grapes, apples, bananas, pears, oranges, grapes, melon, pineapple, kiwi)				
Lunch				
Fish fingers/ bean burger served with mashed potatoes and seasonal vegetables <small>(contains broccoli, cauliflower, carrots, peas)</small>	Lamb/ vegetable pilaf served with rice and naan bread <small>(contains onions, garlic, red & green lentils, peppers, courgette, carrots, sweet potato, potato, curry powder, mango chutney)</small>	Roast chicken/ quorn sausage with seasonal vegetables and gravy <small>(contains broccoli, cauliflower, carrots, peas)</small>	Chicken chasseur/ quorn fillet served with rice and naan bread <small>(contains tomatoes, onions, garlic, red lentils, peppers, courgette, carrots)</small>	Tuna & broccoli/ vegetable pasta bake <small>(contains tomatoes, onions, garlic, red lentils, peppers, courgette, carrots)</small>
Fresh fruit salad	Butter cream sponge cake	Fromage frais	Greek yoghurt served with fruit puree	served with garlic bread Chocolate and pear sponge cake
Afternoon Snack - with a beaker of milk (full fat under two and semi-skimmed for over two)				
Plain pancakes	Crumpets and olive spread	Choice of cereal <small>(wheat biscuits, rice snaps, cornflakes and milk)</small>	Wholemeal bread and olive spread	Plain English muffin
Tea				
Tuna mayonnaise roll Cucumber and carrot batons Melon wedge	Cheese and cucumber roll Diced carrot and sweetcorn salad	Beans on wholemeal toast and olive spread	Scrambled egg served with wholemeal bread olive spread	Pitta bread and houmous Carrot and cucumber batons Cubed cheese

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Choice of wheat biscuits, cheerios, rice crispies or corn flakes with toast				
Snack - fresh fruit platter*				
Lunch				
<p>Ocean salmon pasta bake/ vegetable goulash (contains onions, broccoli, crème fraiche, white sauce)</p> <p>Greek yoghurt served with fruit puree</p>	<p>Traditional lasagne/ vegetable tagine served with garlic bread (contains tomatoes, onions, garlic, red lentils, peppers, courgette, carrots, cheese sauce)</p> <p>Madeira sponge and custard</p>	<p>Roast brisket/ quorn fillet served with seasonal vegetables (contains broccoli, cauliflower, carrots, peas)</p> <p>Fresh fruit salad</p>	<p>Chinese beef/ vegetables served with noodles (contains chinese 5 spice, honey, soy sauce, ginger, garlic, Red Onion, Red Pepper, Yellow Pepper, Sugarsnap Peas, Babycorn, Water Chestnut, carrot, beansprouts, broccoli)</p> <p>Chocolate sponge and custard</p>	<p>Beef sausage pesto/ vegetable pasta bake served with fresh bread (contains tomatoes, onions, garlic, red lentils, peppers, courgette, carrots, pesto sauce, cannellini beans)</p> <p>Fromage frais</p>
Afternoon Snack - with a beaker of milk (full fat under two and semi-skimmed for over two)				
Granary bread and olive spread	Tortilla wrap	Crackers and cream cheese spread	Choice of cereal (wheat biscuits, rice snaps, cornflakes and milk)	Crumpets and olive spread
Tea				
<p>Ham finger roll Swetcorn and diced cucumber salad Fruit yoghurt pot</p>	<p>Tuna roll Carrot batons and cherry tomatoes Melon wedge</p>	<p>Scrambled egg served with wholemeal bread olive spread</p>	<p>Beans on wholemeal toast and olive spread</p>	<p>Cheese roll Cherry tomatoes and cucumber batons Melon wedge</p>