

| 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) | | | | |
| Lunch | | | | |
| <p>Chicken Paella (onions, garlic, tomatoes, peppers, carrots, courgettes, peas)</p> <p>Fromage Frais</p> | <p>Caribbean Lamb served with fluffy rice (contains green lentils, peppers, onions, garlic, peas, carrots, sweet potato, courgette, peas)</p> <p>Greek Yoghurt served with mixed berry puree (containing Blackberries, strawberries, blackcurrants and raspberries)</p> | <p>Tuscan stew served with new potatoes (contains carrot, tomatoes, onions, peppers, pesto courgettes, peas, cannellini beans)</p> <p>Apple & Pear Crumble s/ w Ice-cream bake</p> | <p>Thai Pork noodles (Bean Sprouts, Carrot, Peppers, Broccoli, Butternut Squash, Spinach, Sugarsnap Peas, Onion, garlic, peas, courgettes)</p> <p>Chocolate Chip Sponge</p> | <p>Fish Pie served with vegetables (including, Carrots, Peas, Cauliflower and Broccoli, white sauce)</p> <p>Fresh Fruit Salad (containing pineapple, pears, peach, apricots, grapes, apple)</p> |
| Afternoon Snack - with a beaker of milk (full fat under two and semi-skimmed for over two) | | | | |
| <p>Crumpets and olive spread served with sliced apple</p> | <p>Choice of cereal (wheat biscuits, rice snaps, cornflakes and milk) served with chopped banana</p> | <p>Wholemeal bread and olive spread served with sliced cucumber</p> | <p>Crackers and cream cheese spread served with diced tomato</p> | <p>Crumpets and olive oil spread served with sliced pears</p> |
| Tea | | | | |
| <p>Cherry Tomato & Cucumber Batons Cheese & Crackers</p> | <p>Scrambled egg served with wholemeal bread olive spread</p> | <p>Tuna sandwiches Carrot batons and cherry tomatoes Pineapple wedge</p> | <p>Beans on wholemeal toast and olive spread</p> | <p>Cheese sandwiches Sweetcorn and Cucumber salad</p> |

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) | | | | |
| Lunch | | | | |
| <p>Spaghetti Bolognese and garlic bread (contains tomatoes, onions, garlic, red lentils, peppers, courgette, carrots)</p> <p>Fresh Fruit Salad (containing pineapple, pears, peach, apricots, grapes, apple)</p> | <p>Moroccan Lamb and flatbread (contains courgettes, peas, onions, garlic, carrots, sweet potatoes)</p> <p>Orange Jelly with Mandarins</p> | <p>Sticky Ginger Chicken served with noodles (Bean Sprouts, Carrot, Peppers, Broccoli, Butternut Squash, Spinach, Sugarsnap Peas, Onion, garlic, peas, courgettes)</p> <p>Greek yoghurt served with apple puree</p> | <p>Honey baked gammon served with new potatoes and salad (lettuce, carrots, cucumber)</p> <p>Raspberry cupcakes</p> | <p>Salmon & creme fraiche pasta (contains broccoli, onions and garlic)</p> <p>Fromage frais</p> |
| Afternoon Snack - with a beaker of milk (full fat under two and semi-skimmed for over two) | | | | |
| <p>Choice of cereal (wheat biscuits, rice snaps, cornflakes and milk) served with diced banana</p> | <p>Granary bread and olive spread served with sliced cucumber</p> | <p>Plain English muffin served with diced tomato</p> | <p>Crackers and cream cheese spread served with sliced cucumber</p> | <p>Tortilla wrap served with diced pineapple</p> |
| Tea | | | | |
| <p>Honey roast sandwiches Cheese cubes Cucumber batons Pineapple wedge</p> | <p>Cheese sandwich Cherry tomato and carrot batons Pear</p> | <p>Scrambled egg served with wholemeal bread olive spread</p> | <p>Tuna sandwich Diced cucumber and sweetcorn salad Green apple</p> | <p>Pitta bread, houmous, cucumber batons and carrot sticks</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) | | | | |
| Lunch | | | | |
| <p>Tuna Pasta Bake (contains peas, courgettes, carrots, onions, tomatoes, garlic, peppers, white sauce)</p> <p>Chocolate brownies</p> | <p>Lamb (contains courgettes, potatoes, peas, tomatoes, onions, green lentils, egg, white sauce) served with garden salad (lettuce, cucumber, carrot)</p> <p>Strawberries & ice-cream</p> | <p>Roast chicken with vegetables (carrots, peas, broccoli, cauliflower) and gravy</p> <p>Greek Yoghurt & apricot puree</p> | <p>Chicken, Sweet Potato & Coconut Curry (contains sweet potato, courgette, carrot, peppers, peas, onion, garlic)</p> <p>Fresh Fruit Salad (containing pineapple, pears, peach, apricots, grapes, apple)</p> | <p>Fish Fingers served with new potatoes & vegetables (carrots, peas, broccoli, cauliflower)</p> <p>Fromage frais</p> |
| Afternoon Snack - with a beaker of milk (full fat under two and semi-skimmed for over two) | | | | |
| <p>Crackers and cream cheese spread served with sliced cucumber</p> | <p>Crumpets and olive spread served with sliced apple</p> | <p>Choice of cereal (wheat biscuits, rice snaps, cornflakes and milk) served with diced banana</p> | <p>Wholemeal bread and olive spread served with sliced cucumber</p> | <p>Plain English muffin served with sliced pear</p> |
| Tea | | | | |
| <p>Cheese and cucumber sandwiches Cucumber and carrot batons</p> | <p>Scrambled egg served with wholemeal bread olive spread</p> | <p>Beans on wholemeal toast and olive spread</p> | <p>Tuna mayonnaise sandwiches Diced carrot and sweetcorn salad</p> | <p>Pitta bread and houmous Carrot and cucumber batons Cubed cheese</p> |

Week 4

| 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) | | | | |
| Lunch | | | | |
| <p>Chicken & Mushroom Pie (courgettes, onions, sweet potato, new potato, peas, peppers, carrots, mushrooms, white sauce) and Green Beans</p> <p>Fresh Fruit salad (containing pineapple, pears, peach, apricots, grapes, apple)</p> | <p>Turkey Pizzailo served with rice (contains tomatoes, carrots, red lentils, onion, garlic, peppers)</p> <p>Greek Yoghurt & Pear Puree</p> | <p>Chilli and fluffy rice served with garlic bread (cannelloni beans, courgette, sweet potato, carrot, tomatoes, onion, garlic, peppers, green and red lentils)</p> <p>Chocolate Cup Cakes</p> | <p>Pork & new potatoes (courgette, sweet potato, carrot, tomatoes, peas, onion, garlic, peppers)</p> <p>Eves Pudding served with ice-cream</p> | <p>Meatballs & spaghetti served with garlic bread (contains tomatoes, onions, garlic, red lentils, peas, peppers, courgette, carrots)</p> <p>Fromage Frais</p> |
| Afternoon Snack - with a beaker of milk (full fat under two and semi-skimmed for over two) | | | | |
| <p>Granary bread and olive spread served with sliced cucumber</p> | <p>Tortilla wrap served with diced pineapple</p> | <p>Crackers and cream cheese spread served with sliced apple</p> | <p>Choice of cereal (wheat biscuits, rice snaps, cornflakes and milk) served with diced banana</p> | <p>Crumpets and olive spread served with sliced pear</p> |
| Tea | | | | |
| <p>Ham sandwiches Sweetcorn and diced cucumber salad</p> | <p>Tuna sandwiches Carrot batons and cherry tomatoes Red apple</p> | <p>Scrambled egg served with wholemeal bread olive spread</p> | <p>Beans on wholemeal toast and olive spread</p> | <p>Cheese sandwiches Cherry tomatoes and cucumber batons</p> |