

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				
<p>Pork stroganoff served with rice (contains onions, garlic, red & green lentils, peppers, courgette, carrots, crème fraiche)</p> <p>Fromage Frais</p>	<p>Jerk chicken served with rice and peas (contains onions, garlic, red & green lentils, peppers, courgette, carrots, jerk spice) served with naan bread</p> <p>Chocolate chip sponge cakes</p>	<p>Winter beef casserole (contains onions, garlic, red & green lentils, peppers, courgette, carrots, pearl barley, sweet potato, potato) served with potatoes</p> <p>Fresh fruit salad</p>	<p>Shepherds pie (contains onions, garlic, red & green lentils, peppers, courgette, carrots, minced lamb, potatoes) served with seasonal vegetables</p> <p>Greek yoghurt with fruit puree</p>	<p>Fillet of fish served with mashed potatoes, green beans and parsley sauce</p> <p>Fromage frais</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>Plain pancake served with sliced pear</p>	<p>Crackers and cream cheese spread served with diced tomato</p>
Tea				
<p>Cherry Tomato & Cucumber Batons Cheese & Crackers Red Apple</p>	<p>Ham sandwiches Cucumber and carrot batons Pineapple wedge</p>	<p>Beans on wholemeal toast and olive spread</p>	<p>Scrambled egg served with wholemeal bread 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, kiwi)				
Lunch				
<p>Chilli 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 style="text-align: center;">Fromage Frais</p>	<p style="text-align: center;">Cawl</p> <p>(contains onions, garlic, red & green lentils, peppers, courgette, carrots, sweet potato, potato) served with mashed potatoes</p> <p style="text-align: center;">Iced sponge cakes</p>	<p>Cottage pie served with seasonal vegetables (contains onions, garlic, red & green lentils, peppers, courgette, carrots, minced beef, potatoes)</p> <p style="text-align: center;">Fresh fruit salad</p>	<p>Honey baked gammonserved with mashed potato and seasonal vegetables (contains broccoli, cauliflower, carrots, peas)</p> <p style="text-align: center;">Greek yoghurt served with fruit purée</p>	<p style="text-align: center;">Fish pie</p> <p>(potatoes, green beans, white sauce, cheese)</p> <p style="text-align: center;">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 chopped 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>Ham sandwiches Cheese cubes Cucumber batons Pineapple wedge</p>	<p>Cheese sandwiches 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 sandwiches 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				
<p>Tuna & broccoli Bake (contains tomatoes, onions, garlic, red lentils, peppers, courgette, carrots) served with garlic bread</p> <p>Fromage Frais</p>	<p>Lamb pilaff served with rice and naan bread (contains onions, garlic, red & green lentils, peppers, courgette, carrots, sweet potato, potato, curry powder, mango chutney)</p> <p>Butter cream sponge cakes</p>	<p>Roast chicken with seasonal vegetables and gravy (contains broccoli, cauliflower, carrots, peas)</p> <p>Greek yoghurt served with fruit puree</p>	<p>Chicken chasseur served with rice and naan bread (contains tomatoes, onions, garlic, red lentils, peppers, courgette, carrots)</p> <p>Fresh fruit salad</p>	<p>Fish fingers served with mashed potatoes and seasonal vegetables (contains broccoli, cauliflower, carrots, peas)</p> <p>Fromage Frais</p>
Afternoon Snack - with a beaker of milk (full fat under two and semi-skimmed for over two)				
<p>Plain pancakes served with sliced pear</p>	<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>Plain English muffin served with sliced pear</p>
Tea				
<p>Ham sandwiches Cucumber and carrot batons Melon wedge</p>	<p>Cheese and cucumber sandwiches Diced carrot and sweetcorn salad</p>	<p>Beans on wholemeal toast and olive spread</p>	<p>Scrambled egg served with wholemeal bread olive spread</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*				
Lunch				
<p>Ocean salmon pasta bake (contains onions, broccoli, crème fraiche, white sauce)</p> <p>Greek yoghurt served with fruit puree</p>	<p>Traditional lasagne served with garlic bread (contains tomatoes, onions, garlic, red lentils, peppers, courgette, carrots, cheese sauce)</p> <p>Chocolate sponge cakes</p>	<p>Slow roasted beef served with seasonal vegetables and mashed potatoes (contains broccoli, cauliflower, carrots, peas)</p> <p>Fresh fruit salad</p>	<p>Chinese beef 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>Greek yoghurt served with fruit purée</p>	<p>Meatballs and spaghetti served with garlic bread (contains tomatoes, onions, garlic, red lentils, peppers, courgette, carrots, tomatoes,)</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 chopped banana</p>	<p>Crumpets and olive spread served with sliced pear</p>
Tea				
<p>Ham sandwiches Sweetcorn and diced cucumber salad Fruit yoghurt pot</p>	<p>Tuna sandwiches 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 sandwiches Cherry tomatoes and cucumber batons Melon wedge</p>