

Menu Week 1

Breakfast

MONDAY

Selection of wholegrain cereals and toast

TUESDAY

Selection of wholegrain cereals and toast

WEDNESDAY

Selection of wholegrain cereals and toast

THURSDAY

Selection of wholegrain cereals and toast

FRIDAY

Selection of wholegrain cereals and toast

Snack

Selection of fruit and vegetables available all day

Selection of fruit and vegetables available all day

Selection of fruit and vegetables available all day

Selection of fruit and vegetables available all day

Selection of fruit and vegetables available all day

Lunch (Main)

Turkey and vegetable pilaf

Tuna Pasta Bake

Sweet potato and bean stew with soft wholemeal pitta

Mild chickpea & vegetable curry with roti

Lamb mince Bolognese with wholewheat spaghetti
Lentil Bolognese

Vegetarian

Butter bean and vegetable pilaf

Vegetable pasta bake

Banana & custard

Jelly

Fruit platter

Dessert

Fruit salad

Yoghurt

Assortment of sandwiches

Beans on toast

Pizza muffin with tomatoes and cheese

Tea

Rice cakes, soft cheese

Homemade soup with wholemeal bread rolls

Menu Week 2

Breakfast

MONDAY

Selection of wholegrain cereals and toast

Snack

Selection of fruit and vegetables available all day

Lunch (Main)

Cottage pie, peas, carrots

Vegetarian

Lentil & veggie cottage pie

Dessert

Fruit salad

Tea

Rice cakes, soft cheese

TUESDAY

Selection of wholegrain cereals and toast

Selection of fruit and vegetables available all day

Tomato, basil and cheese pasta

Vegetable pasta bake

Yoghurt

Bread stick, carrot and cucumber stick with hummus

WEDNESDAY

Selection of wholegrain cereals and toast

Selection of fruit and vegetables available all day

Chicken and Mushroom pie

Quorn and mushroom pie

Banana & custard

Assortment of sandwiches

THURSDAY

Selection of wholegrain cereals and toast

Selection of fruit and vegetables available all day

Chicken/turkey sausages with mash potatoes and vegetable gravy

Vegetable sausages

Greek yogurt with berries

wholemeal crackers, cheese sticks and grapes

FRIDAY

Selection of wholegrain cereals and toast

Selection of fruit and vegetables available all day

Lamb stew with mixed veg and rice

Tofu with vegetable

Fruit platter

Pizza muffin with tomatoes and cheese

Menu Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast	Selection of wholegrain cereals and toast
Snack	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day	Selection of fruit and vegetables available all day
Lunch (Main)	Roast chicken & steamed vegetables with roast potato	Chicken stir-fry with noodles & vegetables	Jacket potato with baked beans & cheese	Turkey mince and vegetable shepherd's pie	Homemade salmon fishcakes, potato wedges & peas
Vegetarian	Roast cauliflower steaks	Vegetable stir fry		Quorn mince & vegetable shepherd's pie	Veggie fingers
Dessert	Fruit salad	Berris and yogurt	Rice pudding	Fruit platter	Apple and raisin mix
Tea	Mini sandwiches & veg sticks	Plain omelette strips and veg sticks	Pasta Salad	Wholemeal pitta, hummus, cucumber sticks	Vegetable wraps

Menu Week 4

Breakfast

MONDAY

Selection of wholegrain cereals and toast

TUESDAY

Selection of wholegrain cereals and toast

WEDNESDAY

Selection of wholegrain cereals and toast

THURSDAY

Selection of wholegrain cereals and toast

FRIDAY

Selection of wholegrain cereals and toast

Snack

Selection of fruit and vegetables available all day

Selection of fruit and vegetables available all day

Selection of fruit and vegetables available all day

Selection of fruit and vegetables available all day

Selection of fruit and vegetables available all day

Lunch (Main)

Mild chicken curry with brown rice & cauliflower

Chicken sausage, mash potatoes and peas

Tomato & herb wholewheat pasta with cheese

Chilli con carne with rice and carrots

Fish pie (oily fish) with green beans

Vegetarian

Dhal (Lentils)

Vegetable sausage

Quorn mince

Veggie pie

Dessert

Fruit salad

Berries and yogurt

Sponge cake and custard

Fruit platter

Orange wedges

Tea

Cream cheese & cucumber sandwiches

Banana pancakes

Tuna and sweetcorn wraps

Sweet potato wedges, hummus, cucumber sticks

Avocado smash on wholemeal toast