

Breakfast - A selection of cereals, fresh fruit and toast						
		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Snack	Oat cakes and cucumber sticks	Rice cakes and Cream cheese	Bagels with cherry tomatoes	Hummus with carrot and cucumber sticks	Mixed berries and yoghurt
	Lunch	Pork Meatballs and spaghetti, served with peas and carrots	Vegetable and chickpea Biryani	Fish pie served with sweetcorn and carrots	Roast chicken served with roast potatoes and vegetables	Beef and mushroom stroganoff served with rice
	Pudding	Lemon and sultana cake	Shortbread and satsuma	Fruit yoghurt	Rhubarb and apple crumble served with custard	Banana bun
	Snack	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
	Tea	Butternut squash and lentil soup served with bread	Macaroni Cheese	Assorted savoury sandwiches and vegetable sticks	Beans on toast	Cheese flatbreads served with pepper sticks
Week 2	Snack	Sugar snap peas with hummus	Wholemeal toast with spread	Dates and natural yoghurt	Oat cakes and banana slices	Rice cakes and orange segments
	Lunch	Tanzanian bean stew served with roasted sweet potato and carrots	Pork ragu served with new potatoes broad beans and courgette	Roast chicken served with roast potatoes and vegetables	Cod, potato and spinach curry served with cous cous	Home made Cottage pie served with fresh carrots and sweetcorn
	Pudding	Pineapple upside down cake	Blueberry sponge served with custard	Apple sponge served with custard	Jelly and ice cream	Mary Berry's Fork biscuits and natural yoghurt
	Snack	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter

	Tea	Chicken and lettuce wraps served with pepper and cucumber sticks	English muffins topped with cheese and tomato	Potato and lentil cakes	Cream of parsnip, butterbean and apple soup served with wholemeal bread	Assorted savoury sandwiches with cucumber sticks
Week 3	Snack	Rice cakes and orange segments	Feta cheese cubes and melon cubes	Dried apricots and natural yoghurt	Vegetable sticks with hummus	Toasted crumpet with strawberries
	Lunch	Fish Pie served with fresh carrots and green beans	Beef Bolognese served with spaghetti	Lamb goulash served with brown rice and green beans	Lentil, potato and spinach curry served with cous cous	Roast chicken served with roast potatoes and vegetables
	Pudding	Mango and pear cobbler served custard	Ginger Cake	Banana and custard	Baked apple with cinnamon	Variety of flavoured mousses
	Snack	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
	Tea	Cheese on toast served with cherry tomatoes	Bagels with a variety of toppings and cucumber sticks	Cheese and mushroom cakes	Spaghetti hoops on toast	Crustless quiche served with pepper sticks and sugar snap peas
Week 4	Snack	Raisins and celery sticks	Dutch crispbreads with cream cheese	Mixed berries with natural yoghurt	Cheese cubes and pineapple sticks	Cherry tomatoes and cheese scones
	Lunch	Roast chicken served with roast potatoes and vegetables	Salmon and broccoli pasta served with sweetcorn	Creamy chicken and leek hotpot served with broccoli	Lasagne served with garlic bread	Sweet and spicy chickpea and date cous cous
	Pudding	Fruit yoghurt	Carrot cake	Peaches and custard	Mary Berry's fork biscuits	Passion cake squares
	Snack	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter

	Tea	Warm sausage roll served with cherry tomatoes and cucumber	Jacket potatoes with cheese and beans	Parsnip, butterbean and apple soup served with French stick	Assorted savoury sandwiches with raisins	Cheese on toast served with cherry tomatoes
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