

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of Cereals and Oats with Whole/Dairy Free Milk, Wholemeal Toast and Fresh Fruit				
Morning Snack	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
Lunch	Vegetable and Chickpea Curry with Brown Rice	Shepherd's Pie and Peas	Roasted Vegetable Lasagne and Salad	Roast Chicken with Roast Vegetables and Gravy	Tuna Fish Pie and Peas
Dessert	Berry Crumble	Banana Custard	Apple Muffins	Yoghurt and Fruit Compote	Fruit Crumble
Afternoon Snack	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
Afternoon Tea	Ham and Cheese Quesadilla with Salad	Tomato and Basil Soup with croutons	Jacket Potato with Cheese and Beans	Herby Tomato Pasta and Salad	Sandwich Finger Platter
Dessert	Fruit Smiles	Fruit Salad	Fresh Fruit	Fruit Smiles	Fresh Fruit

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of Cereals and Oats with Whole/Dairy Free Milk, Wholemeal Toast and Fresh Fruit				
Morning Snack	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
Lunch	Chilli Con Carne with Brown Rice	Sausage Casserole with Winter Vegetables	Vegetable and Bean Curry with Brown Rice	Chicken Casserole	Tuna Pasta Bake with Sweetcorn and Peas
Dessert	Fruit Flapjack	Yoghurt and Fruit	Apricot and Orange Sponge	Fruit Sponge and Custard	Fruit Crumble and Custard
Afternoon Snack	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
Afternoon Tea	Cheesy Courgette Macaroni	Tomato and Herb Soup with Crusty Bread	Sausage and Salad Wraps	Jacket Potato with Cream Cheese and Chives	Assorted Sandwich Fingers and Crudités
Dessert	Fruit Smiles	Fruit Salad	Fresh Fruit	Fruit Smiles	Fresh Fruit



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of Cereals and Oats with Whole/Dairy Free Milk, Wholemeal Toast and Fresh Fruit				
Morning Snack	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
Lunch	Parmesan and Pea Risotto	Chicken Stew with Winter Vegetables	Sausage and Mash with Herby Carrots and Gravy	Jacket Potato and Ratatouille	Tuna, Tomato and Herb Pasta Bake
Dessert	Oat and Fruit Cookie	Yoghurt and Fruit	Cherry Flapjack	Apple Muffin	Fruit Crumble and Custard
Afternoon Snack	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
Afternoon Tea	Ham and Tomato Salad Wrap	Red Pepper and Tomato Soup	Cheese Tomato and Herb Pasta	Cheese and Bacon Salad Wraps	Assorted Sandwich Fingers and Crudités
Dessert	Fruit Smiles	Fruit Salad	Fresh Fruit	Fruit Smiles	Fresh Fruit