

		Week 1	Week 2	Week 3	Week 4
MONDAY	Snack	Apple slices and raisins	Rice cakes and grapes	Sesame seed breadsticks with fruit dip G,W	Cheese straw and dip W,G,D
	Lunch	Sausage and tomato pasta bake with garlic bread Fruity flapjack M,W	Roast gammon, potatoes, garden peas and parsley sauce Jelly and cream D,L.	Fish cake, new potato and mushy peas W,G,F	Meatballs mash potatoes, garden peas and gravy G, D
	Tea	Fish fingers served with chips and baked beans F,W	Selection of sandwiches Fresh fruit W,G,D,E	Alphabet spaghetti served on a potato waffle G,W	Teriyaki noodles and mixed vegetables Rice pudding W,D,G,E
TUESDAY	Snack	Seasonal fruit	Orange slices & baby bell cheese D	Smoothie M,D,L	Fruit salad D,L
	Lunch	Roast dinner served with seasonal vegetables D,G,W,E	Lasagna served with garlic bread and side salad G,M,L,D,E	Pork and apple casserole with parsnip mash. M	Corn beef stew with warm baguette W,G
	Tea	Soup with a crusty roll Apple and blackberry crumble W,G,D	Sausage plait with spicy baked beans. Warm milk served with a cookie M,L,W,G,D	Bacon loin served on a wholemeal cob Natural yoghurt served with a berry coulee W,D,L,M	Cheese and broccoli pasta Blueberry muffin W,G,E,D
WEDNESDAY	Snack	Ploughman snack D,W	Fruit, nut and oat bar N	Blueberries and strawberries	Cocktail sausage and grapes

	Lunch	Chickpea burger served with sweet potato fries and corn on the cob Fruit & yoghurt	Sweet and sour chicken served with savoury vegetable rice G	Butternut squash and sweet potato curry with garlic naan W,G	Filled sweet potato
	Tea	Mac and cheese with crunchy veggies W,D,G	Wholemeal pitta pizza served with crunchy salad sticks W,G,D	Beans and sausages served on seeded toast Treacle sponge & custard W,G,E	Creamed mushrooms on toast Pear slices D,G,W
THURSDAY	Snack	Cucumber sticks with hummus	Blue cheese and cracker W,D	Scotch eggs W,E	Cucumber and soft cheese D
	Lunch	Quorn shepherd pie with seasonal vegetables and gravy Artic roll W,G,D	Lentil and bean chilli served with lightly seasoned wedges. Angel delight D	Veggie dinosaurs, mash potatoes volcano and bean lava Cinnamon apples and custard D,W	Chicken Satay served with Katsu fries Fruit yogurt N,E
	Tea	Ravioli with seeded whole meal finger's Pineapple chunks W,G,D	Cheese on toast with tomato dip D	Tuna mayonnaise pasta with celery sticks F,E,D	Vegetable fingers with spaghetti hoops W,G
Friday	Snack	Ham and soft cheese roll D	Toast and marmalade fingers W,G	Banana and grapes	Melon chunks
	Lunch	Fish pie with green beans F,L	Beef casserole with root vegetables.	Chicken Kiev, potatoes shapes and sweetcorn	Moussaka

			W,G,		W,G
	Tea	Egg and soldiers	Cornish pasty with beans	Selection of sandwiches	Crumpets and cheese
		Fruit /yoghurt	Natural yoghurt with granola	Orange slice	Cookie
		E,W	F,W,G	W,G,D,L	W,G,D