

### Week One

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, Fresh fruit and Wholemeal Toast				
Lunch	Vegetable & Chickpea Curry & Basmati Rice	Chicken Fajitas & Tomato Salsa	Macaroni Cheese	Homemade Fishcake & Peas	Meatballs in a Rich Tomato Sauce
Lunch Vegetarian Option	Vegetable & Chickpea Curry & Basmati Rice	Vegetable Fajitas & Tomato Salsa	Macaroni Cheese	Vegetable & Lentil Cake & Peas	Vegan, Meat Free Meatballs in a Rich Tomato Sauce
On the Side	Naan Bread	Sweet Potato Wedges	Tomato Slices	Homemade Oven Chips	Spaghetti
Dessert	Yogurt & Fresh Berries	Fresh Fruit in Vegetarian Jelly	Bananas & Custard	Shortbread	Fruity Ice Lollies
Light Tea	Selection of Sandwiches & Watermelon	Homemade Cheese & Tomato Pizzas & Pear Slices	Beans on Toast & Apple Slices	Cheese Scones & Carrot Sticks & Berries	Pittas, Selection of Dips & Sliced Peppers & Orange Slices
Snacks	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				
	Milk and Water				

### Week Two

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, Fresh fruit and Wholemeal Toast				
Lunch	Beef Mince Tacos with Shredded Lettuce Guacamole, Soured Cream & Grated Cheddar Cheese	Chicken Paella	Spaghetti Bolognese in a homemade tomato sauce	Turkey Roast Dinner With Rost Potatoes With Yorkshire puddings & Gravy	Vegetable Quiche With Mixed Salad
Lunch Vegetarian Option	Vegetarian Tacos with Shredded Lettuce Guacamole, Soured Cream & Grated Cheddar Cheese	Vegetable & Chickpea Paella	Quorn Spaghetti Bolognese in a homemade tomato sauce	Plant Based Turkey Roast Dinner With Rost Potatoes With Yorkshire puddings & Gravy	Vegetable Quiche or Egg free – Vegetable Tart With Mixed Salad
On the Side	Sweet Kidney Bean Salad	Tomatoes and Cucumber Slices	Spaghetti & Peas	Peas and Carrots	Potato Wedges
Dessert	Peaches & Cream	Fruit Sorbet	Yogurt and Berries	Vegetarian Jelly & Tinned Mandarins	Chocolate & Beetroot Brownie
Light Tea	Toasted Crumpets and Cheese Spread & Orange Slices	Selection of Sandwiches & Pineapple & Melon Slices	Homemade Cheese Scones with Sliced Peppers & Banana	Crackers, Cold Meats, Cheese and Cheese & Chive dip with Cucumber & Grapes	Tuna Pasta Bake & Watermelon Slices
Snack	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				
	Milk and Water				

### Week Three

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, Fresh fruit and Wholemeal Toast				
Lunch	Seasoned Chicken Strips in a bun with shredded lettuce, Mayonnaise & Tomato Slices	Mushroom & Lentil Biryani with Fluffy Rice	Sausages & Mash	Beef Lasagna	Jacket Potato & Chilli in a rich tomato sauce
Lunch Vegetarian Option	Plant Based Chicken in a Bun with shredded lettuce & Tomato Slices	Mushroom & Lentil Biryani with Fluffy Rice	Plant Based Sausages & Mash	Vegetable Lasagna & Mixed Salad	Jacket Potato & Quorn Chilli in a rich tomato sauce
On the Side	Corn on the Cob or Sweetcorn	Naan Bread	Baked Beans	Garlic Bread	Mixed salad
Dessert	Fruity Ice Lollies	Vegetarian Jelly & Fruit Cocktail	Weetabix Fruit Slices	Bananas & Custard	Iced Sponge Tray Bake
Light Tea	Home Made Cheese & Tomato Muffin Pizzas & Apple & Pear Slices	Pittas, Selection of Dips & Sliced Peppers & Plums	Vegetable Pasta Bake & Pineapple & Melon Slices	Ham & Cheese Wraps & Cucumber & Banana	Selection of Sandwiches & Grapes
Snack	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				
	Milk and Water				

### Week Four

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, Fresh fruit and Wholemeal Toast				
Lunch	Vegetable Quiche With Mixed Salad	Fish Pie	Beef Roast Dinner with Mash Potatoes Yorkshire Puddings & Gravy	Chicken Curry & Fluffy Basmati Rice	Chicken Enchiladas
Lunch Vegetarian Option	Vegetable Quiche or Egg free – Vegetable Tart With Mixed Salad	Quorn & Lentil Cottage Pie	Plant Based Roast Dinner with Mash Potatoes Yorkshire Puddings & Gravy	Vegetable & Chickpea Curry & Fluffy Basmati Rice	Vegetable Enchiladas
On the Side	Sweet Potato Wedges	Peas	Carrots & Peas	Nann Bread	Sweet Kidney Bean Salad
Dessert	Peaches & Cream	Yogurt and Berries	Fruity Ice Lollies	Rice Crispy Cakes	Weetabix fruit Slices
Light Tea	Selection of Sandwiches & Watermelon	Crackers, Ham, Cheese and Cheese & Chive dip with Cucumber & Grapes	Pittas, Selection of Dips & Sliced Peppers & Orange Slices	Homemade Cheese & Tomato Pizzas & Pear Slices	Cheese Pasta Salad & Bananas
Snacks	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				
	Milk and Water				

Where allergens are present, it is displayed next to the appropriate meal

