

Week One

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, Fresh fruit and Wholemeal Toast				
Lunch	Vegetable Quiche	Chicken Pasta in a White Sauce	Vegetable Curry	Homemade Fishcake & Tomato Sauce	Chilli & Jacket Potatoes
Lunch Vegetarian Option	Vegetable Quiche	Vegetable Pasta in a White Sauce	Vegetable Curry	Vegetable & Lentil Cake & Tomato Sauce	Quorn Chilli & Jacket Potatoes
On the Side	New Potatoes & Sweetcorn	Peas	Naan	Homemade Oven Chips	Carrots
Dessert	Yogurt & Fresh Berries	Fresh Fruit in Vegan & Sugar Free Jelly	Bananas & Custard	Shortbread	Fruity Ice Lollies
Light Tea	Selection of Sandwiches & Watermelon	Homemade Cheese & Tomato Pizzas & Pear Slices	Cold Vegetable Pasta Salad & Apple Slices	Cheese Scones & Carrot Sticks & Berries	Wraps, Cheese 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 Guacamole, Soured Cream & Grated Cheddar Cheese	Tomato Pasta & Grated Cheese	Spaghetti Bolognese in a homemade tomato sauce	Turkey Roast Dinner with Roast Potatoes & Gravy	Vegetable Quiche
Lunch Vegetarian Option	Vegetarian Tacos with Guacamole, Soured Cream & Grated Cheddar Cheese	Tomato Pasta & Grated Cheese	Quorn Spaghetti Bolognese in a homemade tomato sauce	Plant Based Turkey Roast Dinner with Roast Potatoes & Gravy	Vegetable Quiche or Egg free – Vegetable Tart
On the Side	Corn on the Cob Sweetcorn for babies	Peppers and Cucumber Slices	Spaghetti & Peas	Peas and Carrots	New Potatoes & Sweetcorn
Dessert	Peaches	Fruit Lollies	Yogurt and Berries	Vegan Sugar Free Jelly & Tinned Mandarins	Chocolate & Beetroot Brownie
Light Tea	Toasted Crumpets and Cheese Spread & Orange Slices	Selection of Sandwiches Cheese/Chicken/Tuna/Egg & Pineapple & Melon Slices	Homemade Scones with Sliced Peppers & Banana	Pitta slices and Hummus Cucumber & Tomatoes & Grapes	Tuna/Cheese 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	Chicken Curry & Rice	Fish Pie	Meatballs in a Rich Tomato Sauce	Macaroni Cheese	Sausages & Mash
Lunch Vegetarian Option	Plant Based Chicken Curry & Rice	Quorn & Lentil Cottage Pie	Vegan, Meat Free Meatballs in a Rich Tomato Sauce Meatballs	Macaroni Cheese	Plant Based Sausages & Mash
On the Side	Naan	Corn on the Cob Sweetcorn for younger children	Spaghetti	Peas	Beans
Dessert	Fruity Ice Lollies	Vegan, Sugar Free Jelly & Fruit Cocktail	Weetabix Fruit Slices	Bananas & Custard	Peaches & Yogurt
Light Tea	Home Made Cheese & Tomato Muffin Pizzas & Apple & Pear Slices	Cornflake Chicken Goujons Peppers & Tomatoes & Plums	Crackers, Cheese, Pepper Slices & Melon Slices	Crumpets and Humous & Cucumber & Banana	Selection of Sandwiches & Banana
Snack	Fresh Fruit, Rice Cakes, Breadsticks, Oat Cakes				
	Milk and Water				

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

