



Menu

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|---|---|---|--|--|
| Breakfast | Choice of Cereals | Choice of Cereals | Choice of Cereals | Choice of Cereals | Choice of Cereals |
| Mid-morning Snack | Cheese and pineapple chunks | Crumpets | Fresh fruit | Rice cake with cheese spread | Toast and jam |
| Lunch | Turkey broccoli and pasta Banana and strawberry with custard | Sausage casserole with mixed vegetables Fruit and yogurt | Quiche with new potatoes with salad/vegetables Rice pudding with jam | Tuna and sweetcorn pie with cauliflower Banana cake | Beef with mash potato and vegetables Angel delight with fruit |
| Mid-afternoon Snack | Rice cake with cheese spread | Carrot and cucumber sticks with houmous | Wholemeal bagel with butter | Breadstick and raisins | Cheese and pineapple chunks |
| Tea | Pitta bread with a choice of filling Fruit Platter | Tomato soup Ice cream | Pizza Banana and berry custard | Fish and wedges Pineapple and melon | Wraps with a choice of filling Pancakes with chocolate spread |



Menu

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|--|---|---|---|
| Breakfast | Choice of Cereals | Choice of Cereals | Choice of Cereals | Choice of Cereals | Choice of Cereals |
| Mid-morning Snack | Breadstick, cucumber sticks and houmous | Pancake and fruit | Toasted bagel with blueberries and raspberries | Toasted muffin with banana | Fresh fruit |
| Lunch | Toad in the hole with vegetables Banana and ice cream | Chicken stir fry with vegetables and noodles Homemade apple crumble | Cottage pie Blackcurrant jelly | Turkey meatballs with pasta and garlic bread Blueberries and custard | Fish Fingers, potatoes and vegetables Sliced juicy pears |
| Mid-afternoon Snack | Melon pieces | Cheese and cucumber sticks | Greek yoghurt with fruit | Carrot sticks with houmous | Rice cake with cheese spread |
| Tea | Scrambled egg on toast Strawberry whip | Jacket potato filled with baked beans and cheese Peaches with Fromage Frais | Ham/cheese toasties with tomatoes Blueberry muffin | Wholemeal rolls with a choice of filling Grapes and melon chunks | Baked beans on toast Ice cream |



Menu

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|---|---|---|---|
| Breakfast | Choice of Cereals | Choice of Cereals | Choice of Cereals | Choice of Cereals | Choice of Cereals |
| Mid-morning Snack | Toast and jam | Rice cake with cheese spread | Crumpets | Greek yoghurt with fruit | Cheese and pineapple chunks |
| Lunch | Pork roast dinner Berry surprise | Fish in a sauce with chunky vegetable and new potatoes Peaches and custard | Chicken and sweetcorn pasta with peas Yogurt and fruit | Beef casserole with mixed vegetables Blueberry muffins | Quiche with new potatoes and salad Rice pudding with jam |
| Mid-afternoon Snack | Greek yoghurt with blueberries | Cucumber sticks with houmous | Fresh fruit | Breadstick with fruit | Crackers with cheese spread |
| Tea | Ham/Cheese toasties Yoghurt and Fruit | Spaghetti hoops on toast Pancakes with strawberries | Choice of sandwiches Apple and raspberry muffin | Jacket potatoes with cheese and baked beans Rice Krispie cakes | Tomato and cheese pasta Banana and ice cream |



Menu

| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|---|--|--|---|--|
| Breakfast | Choice of Cereals | Choice of Cereals | Choice of Cereals | Choice of Cereals | Choice of Cereals |
| Mid-morning Snack | Greek yoghurt with fruit | Toasted bagel with melon pieces | Carrot and cucumber sticks with houmous | Fresh fruit | Breadstick with raisins |
| Lunch | Spaghetti Bolognese with garlic bread Swiss roll and custard | Chicken curry with rice and naan bread Angel Delight with fruit | Sausages with mash potato and green vegetables Homemade apple crumble | Marconi cheese with peas and sweetcorn Ice Cream | Salmon fingers with potato wedges and vegetables Jelly with fruit |
| Mid-afternoon Snack | Toasted muffins | Fresh Fruit | Crackers with cheese spread | Crumpets | Carrot and cucumber sticks with houmous |
| Tea | Choice of sandwiches Peaches with Fromage Frais | Scrambled egg of toast Homemade flapjacks | Tomato soup Blueberry muffins | Cheese on toast Pancakes and banana | Crackers with a choice of toppings Ice pops |