



Week One

	<i>Snack</i>	<i>Lunch</i>	<i>Tea</i>
<i>Monday</i>	Crispbakes & choice of spreads Milk/water	Scrambled egg & beans on toast Fresh Fruit	Pasta twists meat free mince & vegetable sauce Fromage frais
<i>Tuesday</i>	Brioche Roll & sliced banana Milk/water	Tuna & sweetcorn pasta and vegetable batons Flap jack	Lamb burgers, wedges & peas Fresh fruit
<i>Wednesday</i>	Croissants Milk/water	Chicken curry, rice & pitta bread Fresh fruit	Choice of sandwiches, sausage rolls, carrots Fruit flan & cream
<i>Thursday</i>	Bagels & apple slices Milk/water	Sausages, mash, mixed veg & gravy Fromage Frais	Omelette, cucumber & potato salad Shortbread
<i>Friday</i>	Rice cakes & spread Milk/water	Pizza & Vegetable batons Fairy cakes	Fish cake, chips & beans Fresh fruit



Week Two

	<i>Snack</i>	<i>Lunch</i>	<i>Tea</i>
<i>Monday</i>	Toast with butter or marmite Milk/water	Lentil Roast, potatoes & vegetables Fruit Salad & cream	Waffles, egg, cucumber, salad cream Oaty biscuit & yogurt
<i>Tuesday</i>	Fresh fruit slices Milk/water	Jacket potato with cheese/beans Strawberries & ice cream	Vegetable macaroni cheese & garlic bread Home made cake
<i>Wednesday</i>	Crumpets & raisins Milk/water	Crusty bread, cheese chunks, pineapple, pickle & ham Fromage frais	Savoury mince, boiled potatoes & veg Fresh Fruit
<i>Thursday</i>	Naam bread & hummous Milk/water	Lasagne, crusty bread & salad Fresh fruit	Chicken and vegetable couscous
<i>Friday</i>	Fresh fruit slices Milk/water	Chicken burger in a bun, chips & sweetcorn Fomage frais	Fish Pie, broccoli & Carrots Fruit Jelly



Week Three

	<i>Snack</i>	<i>Lunch</i>	<i>Tea</i>
<i>Monday</i>	Cream crackers & spread Milk/water	Meat free mince chilli & rice Banana slices & angel delight	Jacket potato, cheese beans Fresh Fruit
<i>Tuesday</i>	Fruit loaf Milk/water	Tuna/marmite sandwiches, savoury bites, cucumber and cheese dip Fromage frais	Pork & apple casserole, potatoes & veg Fresh fruit
<i>Wednesday</i>	Pancakes & Jam Milk/water	Cheese quiche, new potatoes & salad Ice cream in cones	Spaghetti bolognaise Fresh fruit
<i>Thursday</i>	Crispbakes & choice of spreads Milk/water	Roast chicken, potatoes, vegetables & gravy Fresh fruit	Sandwiches cheese straws & dip Fromage frais
<i>Friday</i>	Fresh fruit Milk/water	Sausage Casserole, mashed potato Carrot cake	Chicken nuggets, chips & beans Fresh fruit