

	<b>Week 1</b>	<b>Week 2</b>
Breakfast	Rice Crispies or Weetabix and milk or toast and spread, dried fruit	Rice Crispies or cornflakes and milk or toast and spread, dried fruit
Mid morning snack	Fruit Herby Chicken or Quorn, and mixed vegetables wholemeal pasta and water	Fruit Quorn sausages, creamed potatoes with broccoli and water
Lunch	Fruit salad Mixed vegetable, potato and lentil soup in coconut milk	Fruit salad Chicken, pea and pasta stew fruit Milk
Tea	Fruit milk	cheese sticks , tomato and bread
High Tea	Breadsticks and hummus	
Breakfast	Rice Crispies and milk or toast and spread, yoghurt and fruit	Weetabix and milk or toast and spread yoghurt/fruit
Mid morning snack	Fruit Fish or lentils and mixed vegetables with cous cous and water	Fruit Chicken or beans with mixed veg and rice water
Lunch	Mango yoghurt Cheese/ chicken sandwiches fruit milk	Sponge cake and custard and sultanas Bagels and crackers with chicken and cheese spread cucumber milk
Tea	Babies: bean, butternut squash and veg fruit, milk	Babies: cauliflower and lentil cheese with bread
High Tea	Rice cakes/crackers and carrot sticks	Fruit and milk Breadsticks and cucumber
Breakfast	Weetabix and milk or toast and spread, dried fruit	Cornflakes and milk, or toast and spread, dried fruit
Mid morning snack	Fruit Vegetable risotto with chickpeas and garlic herb bread and water	Fruit Salmon or lentils with sweetcorn and pasta in a creamy sauce, water
Lunch	Fruit salad Chicken and Noodles and peas	Fruit salad Cheese and tomato quiche with salad
Tea	fruit milk	Fruit and milk
High Tea	Oakcakes and tuna spread	Rice cakes/crackers and banana
Breakfast	Cornflakes and milk or toast and spread Yoghurt and fruit	Rice Crispies and milk or toast and spread, yoghurt and fruit
Mid morning snack	Fruit Chicken or beans with sweetcorn and potato wedges and water	Fruit Quorn mince and spinach in a herby tomato sauce with cous cous water
Lunch	Marshmallow biscuit with apple Mixed beans, vegetable and potato stew in coconut milk	Strawberry whip Fish fingers with Yorkshire pudding and cherry tomatoes
Tea		Babies fish goujons with tomatoes and potato
High Tea	Cheese spread and pitta bread and cucumber	Oatcakes and cucumber sticks
Breakfast	Rice Crispies or Weetabix and milk toast or spread, dried fruit	Cornflakes or Weetabix and milk or toast and spread, dried fruit
Mid morning snack	Fruit Meatballs or soya meatballs in passata sauce, mixed veg and long spaghetti water	Fruit BBQ chicken drumsticks or falafel with peas and potatoes and water
Lunch	Fruit salad falafel, buns carrots and cucumber fruit/milk	Fruit salad Chicken/ cheese spread sandwiches with cress fruit and milk
Tea	Babies; falafel cucumber and cous cous fruit milk	Babies: Bean and vegetable goulash with rice
High Tea	Bread and butter and carrot sticks	Breadsticks and hummus

**Allergy Advice:** Bold Dishes will contain either soya, gluten, milk, egg, fish, sesame, sulphites, celery and mustard Children will receive a variety of fruit during the week including; apples, clementine's, banana, pears, melons, strawberries, grapes, blueberries, for breakfast, dessert and AM. Snacks