

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

**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