



Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Cereal – porridge, weetabix, bran flakes)	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water
Snacks Including 1 or 2 snacks per day Quantity adjusted accordingly	Fresh fruit Crackers/ Cheese	Breadsticks/ cucumber Rice cakes/ grapes	Fresh fruit Dried fruit	Carrots/Peppers Breadsticks/ dip	Fresh fruit Cheese/ apple
Lunch	Beef Chilli Con Carne Potato wedges Broccoli Sliced melon Milk or water	Chicken & vegetable curry Naan bread Boiled rice Carrot sponge Milk or water	Macaroni Cheese sweetcorn Sliced Apple Milk or water	Roast Gammon Roast potatoes Cauliflower cheese Jelly Milk or water	Fishcakes New potatoes Sweetcorn Yoghurt Milk or water
Tea	Homemade Cheese & tomato pizza Cucumber Chocolate crinkles Milk or water	Baked Beans Wholemeal toast Cucumber sticks Yoghurt Milk or water	Homemade fish goujons Couscous Peas Homemade cookies Milk or water	Ham pasta bake Cheese Mixed vegetables Apple/Pear Milk or water	Ham sandwiches Celery Cherry tomatoes Shortbread biscuits Milk or water



Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Cereal – porridge, weetabix, bran flakes)	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water
Snacks Including 1 or 2 snacks per day Quantity adjusted accordingly	Fresh fruit Crackers/ Cheese	Breadsticks/ cucumber Rice cakes/ grapes	Fresh fruit Dried fruit	Carrots/Peppers Breadsticks/ dip	Fresh fruit Cheese/ apple
Lunch	Vegetable & sweet potato curry with rice Naan bread Yoghurt Milk or water	Salmon fishcakes New potatoes Peas Orange sponge Milk or water	Roast Chicken Roast potatoes Carrots Jelly Milk or water	Cottage Pie Sweetcorn Pineapple Milk or water	Minced beef in gravy pie Mash potato Peas Yoghurt Milk or water
Tea	Scrambled egg Wholemeal toast Cucumber sticks Oranges Milk or water	Spaghetti hoops Wholemeal toast Yoghurt Milk or water	Wraps with cream cheese Cherry tomatoes Celery Sliced apple/pear Milk or water	Wholemeal toast Baked beans cheese Fruit scones Milk or water	Homemade chicken goujons Couscous Mixed veg Chocolate rice krispie cakes Milk or water



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Cereal – porridge, weetabix, bran flakes)	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water
Snacks Including 1 or 2 snacks per day Quantity adjusted accordingly	Fresh fruit Crackers/ Cheese	Breadsticks/ cucumber Rice cakes/ grapes	Fresh fruit Dried fruit	Carrots/Peppers Breadsticks/ dip	Fresh fruit Cheese/ apple
Lunch	Fish fingers Potato wedges Peas Banana Milk or water	Chicken & mushroom pie Courgette and raisin sponge Milk or water	Beef lasagne Mixed salad Fresh bread Orange/apple Milk or water	Roast Pork Roast potatoes Broccoli Yoghurt Milk or water	Meatballs in tomato & vegetable sauce Couscous Sliced Pear Milk or water
Tea	Cheese sandwiches Celery Cherry tomatoes Sliced Apple Milk or water	Tuna & vegetable pasta bake Banana Milk or water	Homemade Cheese & tomato pizza Cucumber Homemade biscuits Milk or water	Homemade fish goujons Couscous Peas Shortbread biscuits Milk or water	Spaghetti hoops Wholemeal toast Cucumber sticks Yoghurt Milk or water



Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Cereal – porridge, weetabix, bran flakes)	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water	Cereal with milk or Toast & butter Fruit Milk or water
Snacks Including 1 or 2 snacks per day Quantity adjusted accordingly	Fresh fruit Crackers/ Cheese	Breadsticks/ cucumber Rice cakes/ grapes	Fresh fruit Dried fruit	Carrots/Peppers Breadsticks/ dip	Fresh fruit Cheese/ apple
Lunch	Pork sausages Potato mash Carrots Yoghurt Milk or water	Homemade fish goujons Couscous Peas Apricot crumble Milk or water	Beef & vegetable curry with rice Jelly Milk or water	Vegetable lasanga Yoghurt Milk or water	Roast Chicken Roast potatoes Peas Melon Milk or water
Tea	Wraps with ham /chicken slices Celery Cherry tomatoes Chocolate crinkles Milk or water	Spaghetti hoops Wholemeal toast Cucumber sticks Apple Milk or water	Scrambled egg Wholemeal toast Cucumber sticks Yoghurt Milk or water	Homemade chicken goujons Couscous Peas Pear Milk or water	Homemade Cheese & tomato pizza Cucumber Grapes Milk or water