

—Menu-Week 1

Monday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Breadsticks and Fresh milk

Lunch: Spaghetti Bolognaise (chicken) with grated cheese and garlic bread
Vegetable Bolognaise with grated cheese and garlic bread (v)

Apple Crumble with Custard

Snack (pm): Fresh fruit selection and Fruit squash

Tea: Tuna Mayo and salad pitta pockets.

Yoghurt

Tuesday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Oat cakes and Fresh milk

Lunch: Chicken and Spinach Curry, Rice or Naan Bread

Chickpea and Spinach Curry, Rice or Naan Bread (V)

Fruit Jelly (V) and Ice-cream

Snack (pm): Fresh fruit selection and Fruit squash

Tea: Lentil Soup with Bread or Chapatti wedges (V)

Chocolate chip cake

Wednesday

Breakfast: Cereals, Toast and Fruit Squash

Snack (am): Fresh fruit selection and Fresh milk

Lunch: Chicken Tikka and Vegetable kebabs with Potato Wedges and Salad

Vegetable kebabs with Potato Wedges and Salad (V)

Bread and Butter pudding

Snack (pm): Bread sticks and Cucumber Sticks and Fruit squash

Tea: Crumpets with cheese & Salad (V)

Peaches and Cream

Thursday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Fresh fruit selection and Fresh milk

Lunch: Cheese and Potato Pie with Baked Beans (V)

Fruit Salad

Snack (pm): Raisins and Fruit squash

Tea: Lamb/Chicken and Vegetable Noodle Stir Fry

Vegetable Noodle Stir Fry (V)

Jam Tarts

Friday

Breakfast: Cereals, Toast and Fruit Squash

Snack (am): Oat cakes and Fresh milk

Lunch: Fish Cakes with Potato Gratin and Vegetables

Bananas and Custard (V)

Snack (pm): Fresh fruit selection and Fruit squash

Tea: Spaghetti Hoops on toast

Apple and Raisin Cake

Menu-Week 2

Monday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Raisins and Fresh milk

Lunch: Jacket Potatoes with Cheese and Beans with salad (V)
Carrot Cake

Snack (pm): Fresh fruit selection and Fruit squash

Tea: Cheese and Cucumber Sandwiches
Yoghurt

Tuesday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Fresh fruit selection and Fruit squash

Lunch: Cauliflower & Broccoli Cheese with potato wedges(V)
Crème Caramel

Snack (pm): Oat cakes and Fresh milk

Tea: Mini Burger Rolls with vegetable rice
Bean burger Rolls with vegetable rice(V)
Fresh Fruit Selection

Wednesday

Breakfast: Cereals, Toast and Fruit Squash

Snack (am): Fresh fruit selection and Fresh milk

Lunch: Chicken Curry with Vegetable Rice
Lentil curry with vegetable rice(V)
Apple Pie & cream

Snack (pm): Carrot & Cucumber sticks with hummus and Fruit squash

Tea: Potato Waffles with egg and beans (V)
Fruit selection

Thursday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Fresh fruit selection and Fresh milk

Lunch: Chicken Cottage Pie with mixed vegetables
Quorn Cottage Pie and mixed vegetables (V)
Strawberry mousse

Snack (pm): Raisins and Fruit squash

Tea: Cheese & tomato toasties (V)
Satsuma segments

Friday

Breakfast: Cereals, Toast and Fruit Squash

Snack (am): Oat cakes and Fresh milk

Lunch: Tomato, peppers and onion Puff Pastry open Tart with vegetable cous cous (V)
Coconut Cake

Snack (pm): Fresh fruit selection and Fruit squash

Tea: Vegetable Soup with Bread Rolls
Fruit & Jelly(V)

Menu-Week 3

Monday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Raisins and Fresh milk

Lunch: Vegetable & mixed bean Casserole & mashed potato (V)

Snack (pm): Cucumber and pepper sticks with houmous and Fruit squash

Tea: spaghetti on Toast

Fruit Salad

Tuesday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Oat cakes and Fresh milk

Lunch: Chicken Pilau with mint raita

Vegetable Pilau with mint raita (V)

Fruit Trifle

Snack (pm): Fresh fruit selection and Fruit squash

Tea: Cream of Tomato Soup with Breadrolls (V)

Chocolate chip cake

Wednesday

Breakfast: Cereals, Toast and Fruit Squash

Snack (am): Fresh fruit selection and Fresh milk

Lunch: Roast Chicken with Roast Potatoes Vegetables and Yorkshire Pudding

Chocolate mousse

Snack (pm): Biscuits and Fruit squash

Tea: Jam Sandwiches with carrot and cucumber sticks (V)

Yoghurt

Thursday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Fresh fruit selection and Fresh milk

Lunch: Macaroni and Cheese with Salad

Lemon Drizzle Cake

Snack (pm): Raisins and Fruit squash

Tea: Savoury Scones with salad

Fruit Jelly

Friday

Breakfast: Cereals, Toast and Fruit Squash

Snack (am): Oat cakes and Fresh milk

Lunch: Fish fingers, Potato wedges and Baked beans

Fruit Salad

Snack (pm): Cucumber and breadsticks with Fruit squash

Tea: Tuna Mayo and cucumber sandwiches with Carrot sticks

Swiss Roll

Menu-Week 4

Monday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Raisins and Fresh milk

Lunch: Chicken Lasagne with mixed vegetables
Bean & Lentil Lasagne with mixed vegetables(V)
Waffles with fruit

Snack (pm): Fresh fruit selection and Fruit squash

Tea: Turkey ham and tomato Toasties
Fruit & Yoghurt

Tuesday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Oat cakes and Fresh milk

Lunch: Chicken burgers with vegetable rice
Bean Burgers with vegetable rice (V)
Fruit Jelly (V) and Ice-cream

Snack (pm): Fresh fruit selection and Fruit squash

Tea: Spaghetti hoops on toast (V)
Peaches and Cream

Wednesday

Breakfast: Cereals, Toast and Fruit Squash

Snack (am): Fresh fruit selection and Fresh milk

Lunch: Chilli con Carne with rice
Fruit Salad

Snack (pm): biscuit and Fruit squash

Tea: Crumpets with cheese and cherry tomatoes & cucumber sticks
Apple/Pear wedges (V)

Thursday

Breakfast: Cereals, Toast and Fruit squash

Snack (am): Fresh fruit selection and Fresh milk

Lunch: Tuna Pasta Bake in Cheese Sauce with garlic bread
Yoghurt

Snack (pm): Raisins and Fruit squash

Tea: Baked beans and scrambled egg on Toast (V)
Satsuma segments

Friday

Breakfast: Cereals, Toast and Fruit Squash

Snack (am): Oat cakes and Fresh milk

Lunch: Chinese Chicken and Vegetable Rice
Bananas and Custard

Snack (pm): Fresh fruit selection and Fruit squash

Tea: Vegetable stir-fry with egg noodles
Fruit Jelly