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| --- | --- | --- | --- | --- | --- |
| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast |
| Morning snack | Rice cakes | Oatcakes and cheese  | Cracker Bread | Breadsticks and Cucumber | Crumpets |
| Lunch | Fish pie |  Roast Dinner | Broccoli and cauliflower cheese with crusty bread  | BBQ chicken burrito with rice  | Cheese burger with wedges and coleslaw |
| ‘fish’ (tofu) pie |  Quorn Roast  | As above  | BBQ rice and vegetable finger burrito  | Vegetable burger with wedges and coleslaw |
| Pudding | Yoghurt  | fruit |  Flapjack with a peach puree  | Summer berry crumble with cream | Jelly and Ice-cream |
| As above | As above |  As above | As above | As above |
| Snack | Tomatoes cucumber and peppers | pancakes | fruit | muffins  | fruit |
| Tea | Soft cheese/ ham and lettuce wraps | Tuna, Sweetcorn Pasta Salad | Hot dogs |  Jacket potato and filling | Ploughman’s  |
| As above | Cheese and sweetcorn pasta salad | Quorn dogs | As above | As above |
| Pudding | Fruit | Rice Krispie cake | Banana cake | Fruit  |  yoghurt |
| As above | As above | As above | As above | As above |

**Key Vegetarian / Vegetarian/Vegan option**

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| --- | --- | --- | --- | --- | --- |
| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast |
| Morning snack | crumpet | pancakes | crackers | Rice cakes | oatcake |
| Lunch | vegetable and butter bean stew with mash | Spaghetti bolognaise with grated carrot | Fish fingers, chips and peas | Gammon new potatoes and greens | Lentil Curry and rice with Naan bread |
| As above  | Vegetable sauce with Lentils served with spaghetti and grated carrot | Vegetable fingers, chips and peas | falafel with new potatoes and greens | As above  |
| Pudding | Fruit salad | Pineapple upside down Cake | Eton mess  | Banana and custard  | Rice Krispy cake |
| As above | As above |  As above | As above | As above |
| Snack | Cracker bread | Cucumbers, breadsticks and peppers |  Muffins | Toasted pitta and various dips | Fruit |
| Tea | Hot dogs  | Variety of sandwiches with veg sticks | Jacket potato with fillings | Pasta Bake | Pizza with vegetable sticks  |
| As above | As above |  As above | As above | As above |
| pudding | cheesecake | fruit | Smoothie | Lemon tart | Yoghurt |
| As above | As above |  As above | As above | As above |

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| --- | --- | --- | --- | --- | --- |
| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast |
| Morning snack | crackers | fruit | oatcakes | Cheese and breadsticks | Cheese twists |
| Lunch | Summer veg and sweet potato risotto | Chicken pie and spring greens | Sausage plait with potatoes and veg | Beef Enchiladas with homemade toasted tortillas | lasagne with garlic bread |
| As above | Vegetable pie and spring greens | Vegetable sausage plait with Veg | Vegetable Enchiladas with mixed salad | Quorn Lasagne  |
| Pudding | fruit |  cheesecake | Blackberry sponge with cream |  brownie | Fruit |
| As above | As above |  As above | As above | As above |
| Snack | Cheese and breadsticks | Veg sticks and tomatoes | Pitta hummus dips | Cracker bread and cucumber  | crackers |
| Tea |  Pizza  | Beans on Toast | Variety of sandwiches | Ploughman’s  | Jacket potato and topping |
| As above  | As above |  As above | As above | As above |
| Pudding |  Homemade biscuits | Smoothie | Fruit | Yoghurt | Fairy cakes |
| As above | As above |  As above | As above | As above |