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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 |