



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
7-8am - Early breakfast/breakfast club	A choice of cereal with milk. Water	A choice of cereal with milk. Water	A choice of cereal with milk. Water	A choice of cereal with milk. Water	A choice of cereal with milk. Water
Cereal Choice:	Crisped Rice Cereal, Malted Wheats, Corn Flakes, Multigrain Hoops, Weetabix.				
9am - Breakfast & snack	Choice of cereal and milk with banana water	Toasted Muffins with Melon Smiles Milk and water	Choice of cereal and milk Sliced pear Milk and water	Wholemeal toast and apple Milk and water	Yogurt and berries Milk and water
11:30am - Lunch	Sausage, spinach and tomato pasta bake	Mixed fish and vegetable paella with garlic bread	Cheesy salmon and broccoli pasta	Vegetarian bean chilli, rice and tortilla chips	Homemade chicken goujons with mash potato and peas
Vegetarian	Vegan sausages, spinach and tomato pasta bake	Vegetable Paella with garlic bread	Cheesy broccoli pasta		
Dessert	Tropical fruit salad	Plain Greek yogurt with berry coulis	Strawberry jelly with fresh strawberries	Banana and custard	Fruit sorbet
3pm Tea	Cracker bread, vegetable batons and salsa dip	Banana bread with apple slices	Baked Sausage in a bun with mixed pepper sticks	Ploughman's Tea – Crackers, cheese, pickle and apple slices	Tuna and sweetcorn sandwich with tomato's
5:30pm Late Snack	Piece of fruit or rice cake	Piece of fruit or rice cake	Piece of fruit or rice cake	Piece of fruit or rice cake	Piece of fruit or rice cake





Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
7-8am - Early breakfast/breakfast club	A choice of cereal with milk. Water	A choice of cereal with milk. Water	A choice of cereal with milk. Water	A choice of cereal with milk. Water	A choice of cereal with milk. Water
Cereal Choice:	Crisped rice cereal, Malted Wheats, Corn Flakes, Multigrain Hoops, Weetabix.				
9am - Breakfast & snack	Crisped rice with milk and sliced Apple. Milk and Water	Fruit toast with sliced oranges Milk and water	Shredded wheats with melon Milk and water	Multigrain hoops and pear slices Milk and water	Greek yoghurt and banana Milk and water
11:30am - Lunch	Creamy fish pie and mixed vegetables	Chicken and paprika jambalaya	Cheese and potato pie with baked beans	Vegetable and lentil bolognaise with pasta and garlic bread	Fish fingers, new potatoes and peas with parsley sauce
Vegetarian		Vegetable jambalaya			Vegetarian fingers new potatoes and peas with parsley sauce
Dessert	Apple crumble and cream	Mango yoghurt	Berry medley with Ice cream	Melon Medley	Peach sponge cake
3pm - Tea	Cheese wraps with cucumber	Pitta fingers with cucumber batons and red pepper hummus	Bara Birth with Melon smiles	Wholemeal ham sandwich with salad	Rie cakes with cream cheese and cucumber slices
5:30pm Late Snack	Piece of fruit or rice cake	Piece of fruit or rice cake	Piece of fruit or rice cake	Piece of fruit or rice cake	Piece of fruit or rice cake

