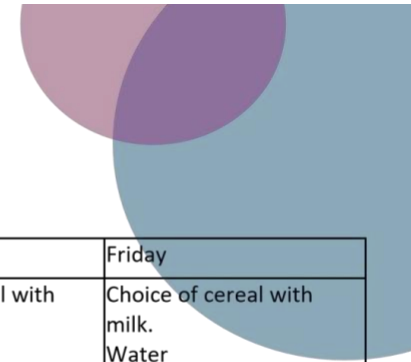


Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
7am-8am Early breakfast/breakfast club	Choice of cereal with milk. Water	Choice of cereal with milk. Water	Choice of cereal with milk. Water	Choice of cereal with milk. Water	Choice of cereal with milk. Water
Cereal choice:	Crisped rice cereal, Malted wheat, Multigrain hoops, Weetabix				
9am- Breakfast & Snack	Bagel and melon Milk or water	Crumpet and apple Milk or water	Weetabix and Banana Milk or water	Croissants and orange smiles Milk or water	Porridge with blueberries Milk or water
Lunch – Main 11:30am	Beef and vegetable broth with warm crust roll	Chicken dinner with broccoli, sweetcorn mash and homemade gravy	Homemade cheese and potato pie topped with tomato and beans	Homemade cod fishcakes with peas, broccoli, and parsley sauce	Vegetable and lentil Bolognese with garlic bread
Vegetarian option	Vegetable broth with warm crusty roll	Quorn Chicken dinner with broccoli, sweetcorn mash and Vegetable gravy		Vegetable fingers with peas, broccoli and parsley sauce	
Lunch - Dessert	Blueberry muffins	Fruit salad with Greek yogurt	Sugar free fruity jelly	Apple crumble and cream	Natural peach yoghurt
Tea - main 3pm	Homemade Cheese and tomato muffin pizza, cucumber and carrot sticks	Homemade puff pastry cheesy twists with a tomato and herb dip and mixed pepper sticks	Fresh baked sausage in a bread roll, Pepper and carrot sticks	Vegetable soup with crusty bread	Beans on toast
Late Snack 5:30pm	Choice of fresh fruit Or rice cake	Choice of fresh fruit Or rice cake	Choice of fresh fruit Or rice cake	Choice of fresh fruit Or rice cake	Choice of fresh fruit Or rice cake



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
7am-8am Early breakfast/breakfast club	Choice of cereal with milk. Water	Choice of cereal with milk. Water	Choice of cereal with milk. Water	Choice of cereal with milk. Water	Choice of cereal with milk. Water
Cereal choice:	Crisped rice cereal, Malted wheat, Multigrain hoops, Weetabix				
9am- Breakfast & Snack	Croissant and apple Milk or water	Crumpet and apple Milk or water	Weetabix and banana Milk or water	Bagel with cream cheese and melon Milk or water	Toast and Banana Milk or water
Lunch – Main 11:30am	Leek and potato soup with crusty bread	Cottage pie with broccoli and cauliflower	Sausage, mash, sweetcorn and peas with homemade onion gravy	Homemade fruity chicken curry, rice and naan bread	Homemade creamy mixed fish pie with carrots and peas
Vegetarian option		Quorn cottage pie with broccoli and cauliflower	Quorn sausage, mash, sweetcorn and peas with Vegetable gravy	Fruity Quorn chicken curry, rice and naan bread	Creamy vegetable pie with carrots and peas
Lunch - Dessert	Chocolate orange sponge	Banana and sugar free custard	Fresh fruit salad	Mandarin sugar free jelly	Rice pudding with crushed blackberries
Tea - main 3pm	Chicken and stuffing sandwiches with corn on the cob	Homemade Bara brith with butter and melon	Cheesy tuna wraps with cucumber and apple wedges	Tomato and basil pasta	Cheese on toast with tomato wedges
Late Snack 5:30pm	Choice of fresh fruit Or rice cake	Choice of fresh fruit Or rice cake	Choice of fresh fruit Or rice cake	Choice of fresh fruit Or rice cake	Choice of fresh fruit Or rice cake



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
7am-8am Early breakfast/breakfast club	Choice of cereal with milk. Water	Choice of cereal with milk. Water	Choice of cereal with milk. Water	Choice of cereal with milk. Water	Choice of cereal with milk. Water
Cereal choice:	Crisped rice cereal, Malted wheat, Multigrain hoops, Weetabix				
9am- Breakfast & Snack	Toast and banana Milk or water	Toasted breakfast muffins and apple Milk or water	Toasted Fruit loaf Milk or water	Porridge topped with cinnamon. Milk or water	Bagel and melon Milk or water
Lunch – Main 11:30am	Moroccan turkey and chickpea meatballs with cheesy mash potato	Beef chilli with rice and baked tortilla crisps	Tuna and sweetcorn tomato pasta bake	Cheesy cauliflower and broccoli pasta	Shepherd pie with sweet potato mash, peas and gravy
Vegetarian option	Moroccan Quorn and chickpea meatballs with herby potatoes	Vegetable chilli with rice and baked tortilla crisps			Quorn shepherd pie sweet potato mash, peas and gravy
Lunch - Dessert	Homemade pineapple upside down cake	Berry crumble with sugar free custard	Peaches with Greek yoghurt	Red berry mousse	Fruit medley
Tea - main 3pm	Tuna and sweetcorn sandwiches with tomato smiles.	Tomato soup and crusty bread	Cheese and tomato muffin pizzas with cucumber sticks	Potato wedges and baked beans	Crisp breads with homemade red pepper dip with carrot and cheese sticks
Late Snack 5:30pm	Choice of fresh fruit or rice cake	Choice of fresh fruit or rice cake	Choice of fresh fruit or rice cake	Choice of fresh fruit or rice cake	Choice of fresh fruit or rice cake