Week 1

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|  | Breakfast | Lunch | Dessert | Tea | Fruit snack |
| Monday | Healthy Weetabix, served with oranges and fresh water. | Veggie spaghetti bolognese served with green beans and ratatouille. | Banana mousse. | Ham sandwich with cucumber batons.  | Fresh pear and a glass of milk. |
| Tuesday | Hot buttered toast served with banana and a cup of milk. | Roast turkey served with mini roast potatoes, garden peas, cabbage and gravy.  | Berry flapjack. | Seasonal vegetable soup served with a crusty bread roll.  | Juicy watermelon and lemon infused water. |
| Wednesday | Crispy crumpets topped with crunchy apples and fresh water. | Grilled pork sausages served with carrots, broccoli, mashed potato and gravy.  | Fruit and custard. | Brussels pate on hot buttered toast with a fresh pear. | Fresh sliced banana and a glass of cold milk. |
| Thursday | A choice of healthy cereal with a glass of fresh water. | Tender chicken pieces in a sweet & sour sauce served with sweetcorn, courgettes and wholegrain rice.  | Fruit jelly.  | Fresh tuna roll served with sliced cucumber sticks. | Crunchy apple slices served with fresh cold milk. |
| Friday | Fluffy brioche roll served with sliced banana and a glass of cold milk. | Salmon fish fingers served with baked beans and jacket wedges.  | Fruity picnic bar.  | Soft pitta bread, layered with ham slices, pepper batons, accompanied by a sour cream and chive dip. | Sliced peaches with lime infused water. |

Week 2

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|  | Breakfast | Lunch | Dessert | Tea | Fruit Snack |
| Monday | A choice of healthy cereal with a glass of fresh water. | Salmon & Pollock pieces in a cream sauce topped with crushed potatoes served with broccoli & leeks.  | Mandarin ginger snap pot. | Hot buttered toast, topped with juicy baked beans.  | Sliced pear wedges served with a glass of cold milk. |
| Tuesday | Warm pancakes served with sliced banana & fruit juice.  | Roast pork served with green beans, parsnips, roast potatoes and gravy.  | Chocolate orange mousse.  | Crispy crackers, topped with sliced chicken and a side of tomatoes. | Sliced peaches and fresh cold water.  |
| Wednesday | Hot buttered toast served with zesty oranges & milk. | Veggie Italian pasta bake served with Mediterranean vegetables & carrots.  | Oaty Apple charlotte and custard.  | Fresh tuna sub rolls served with freshly cut cucumber. | Juicy pears served with cold lemon infused water.  |
| Thursday | Hot buttered bagels served with peaches & fresh water. | Chicken in a mild curry sauce served with cauliflower, sweetcorn & rice. | fruit jelly.  | Hot toasted muffins served with ham and juicy tomatoes. | Freshly sliced banana served with a glass of cold milk. |
| Friday | Healthy natural yogurt served with sliced banana and fresh orange juice. | Savoury mince beef topped with mash potato served with garden peas. | Oaty raisin cookie. | Brussels pate on hot buttered toast with a fresh apple wedges. | Zesty satsumas and fresh cold water. |

Week 3

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|  | Breakfast | Lunch | Dessert | Tea | Fruit Snack |
| Monday  | Healthy weetabix served with sliced banana and fresh water. | Cheesy beef meatballs served with fresh tomato sauce, courgette, green beans and wholegrain pasta. | Peach rice pudding.  | Hot buttered bagels served with cream cheese, sliced tomatoes and fresh water. | Fresh apple wedges served with fresh cold milk.  |
| Tuesday | Hot buttered toast served with zesty oranges and a cup of milk. | Cottage pie served with garden peas and broccoli. | Cinnamon apple and custard.  | Fresh tuna sandwiches served with freshly cut carrots. | Freshly sliced bananas served with a glass of cold milk. |
| Wednesday | A choice of healthy cereal with a glass of fresh water. | Roast chicken served with mini roast potatoes, cabbage, carrots and gravy.  | Banana chocolate mousse. | Hot buttered toast, topped with juicy baked beans. | Fresh melon slices served with fresh milk. |
| Thursday | Hot buttered bagels served with a fresh apple juice.  | Fish fingers in breadcrumbs served with wedges, cauliflower and roasted veg.  | Fruit jelly trifle pot. | Crispy crackers served with slices of mature cheese and fresh crunchy apples.  | Fluffy brioche fingers served with lime infused water.  |
| Friday | Buttered fruit loaf served with a glass of cold fresh milk.  | Veggie mince potato hash served with sweetcorn and gravy.  | fruit flapjack. | Succulent open chicken sandwich served with rainbow peppers.  | Fresh banana slices served with fresh water. |