

Week 1	Breakfast	Lunch	Dessert	Tea	Fruit snack
Monday	Cereal	Cheese & tomato pasta bake Garlic bread slice Mixed vegetables	Strawberries and ice cream	Ham sandwiches with tomato slices	Apples
Tuesday	Crumpets with banana	Poached chicken breast Boiled potatoes Carrots, Stuffing balls Gravy	Banana mousse	Bagels with cream cheese, red pepper with cucumber batons	Pears
Wednesday	Toast and Banana and milk	Mild fruit & chicken Korma Rice/ naan bread	Orange jelly	Carrot and pepper batons pitta bread with dips and fromage frais	Apple slices
Thursday	Cereal	Baked sausages in onion gravy Mashed potatoes and peas	Peaches and pears	Tuna rolls with cucumber slices	Banana
Friday	Weetabix with banana	Corned beef pie Baked beans	Strawberry yoghurt	Chicken and lettuce wraps with apple slices	Melon

Week 2	Breakfast	Lunch	Dessert	Tea	Fruit snack
Monday	Cereal	Sausage casserole New potatoes	Pear and pineapple slices	Chicken and sweetcorn sandwiches with apple slices	Banana
Tuesday	Vegemite on toast and milk	Beef lasagne Garlic bread	Banana cake & custard	Salmon on crisp bread with cucumber slices and carrot batons	Pears
Wednesday	Pancakes, apple slices and milk	Poached chicken breast with tomato sauce Jacket wedges/ peas	Fruit fool	Bagels with cream cheese, peppers, cucumber batons	Melon
Thursday	Toast and banana	Salmon pasta bake Peas & sweetcorn	Strawberry jelly	Cheese rolls with coleslaw and tomato slices and fromage frais	Apples
Friday	Cereal	Cheese and potato pie Baked beans	Mango frozen yoghurt	Ham and lettuce wraps with pepper batons	Orange wedges

Week 3	Breakfast	Lunch	Dessert	Tea	Fruit snack
Monday	Cereal	Cauliflower, broccoli and tuna pasta bake Garlic bread	Mixed fruit salad (Banana, peach, pear, pineapple)	Crusty Bread with Pate cucumber	Orange wedges
Tuesday	Croissant and banana Milk	Salmon fishcakes served with tomato sauce, Sliced green beans & cauliflower	Jam sponge & custard	Rice cakes, chicken, carrots and yogurt	Apples
Wednesday	Natural Yogurt and peaches	Traditional cottage pie Garden peas/ carrots	Fruit yoghurt	Crackers with cheese slices, ham and tomatoes	Melon
Thursday	Weetabix	Mac & Cheese Sweetcorn/ rustic bread	Peaches & ice cream	Turkey sandwiches and apple slices	Banana
Friday	Cereal	Pork meatballs with tomato sauce Spaghetti/ mixed veg	Carrot cake	Pitta breads, dips, peppers and carrot	Pears

Week 4	Breakfast	Lunch	Dessert	Tea	Fruit snack
Monday	Cereal	Beef & tomato stew Mashed potato	Peach melba yoghurt	Pizza muffins, with cucumber/ apples	Melon
Tuesday	Toast with banana and milk	Chicken Tikka Masala Rice/ naan bread	Chocolate sponge	Crackers cheese spread, tomato slices	Orange wedges
Wednesday	Pancakes with pear and milk	Cheesy tuna & potato pie Baked beans	Jelly & fruit	Crusty bread with butter, ham and cucumber	Apples
Thursday	Natural yogurt with mixed berry compote	Roast chicken & gravy Roast potatoes Peas/ carrots, stuffing balls	Apple crumble & custard	Chicken sandwiches, tomatoes and yogurt	Pears
Friday	Cereal	Spaghetti bolognese Garlic bread	Strawberry mousse	Tuna crème fraiche sandwiches with peppers	Banana