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| **Week 1** | **Breakfast** | **Lunch** | **Dessert** | **Tea** | **Fruit snack** |
| **Monday** | Choice of cereal | Cheese & tomato pasta bake  Garlic bread slice  Mixed vegetables | Strawberries and ice cream | Ham sandwiches with cucumber slices | Apples |
| **Tuesday** | Crumpets with apple | 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 | Mild fruit & chicken Korma  Rice/ naan bread | Orange jelly | Carrot and pepper batons pitta bread with dips and fromage frais | Apple slices |
| **Thursday** | Choice of 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 smiles |

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| **Week 2** | **Breakfast** | **Lunch** | **Dessert** | **Tea** | **Fruit snack** |
| **Monday** | Choice of cereal | Sausage casserole  New potatoes | Pear and pineapple slices | Chicken and sweetcorn sandwiches with apple slices | Banana |
| **Tuesday** | Vegemite on toast | Beef lasagne  Garlic bread | Banana cake & custard | Salmon on crisp bread with cucumber slices and carrot batons | Pears |
| **Wednesday** | Pancakes, apple slices | 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** | Choice of cereal | Cheese and potato pie  Baked beans | Mango frozen yoghurt | Ham and lettuce wraps with pepper batons | Orange wedges |

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

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| **Week 3** | **Breakfast** | **Lunch** | **Dessert** | **Tea** | **Fruit snack** |
| **Monday** | Choice of 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 | Salmon fishcakes served with tomato sauce, Sliced green beans & cauliflower | Jam sponge & custard | Rice cakes, chicken slices, carrot batons and yogurt | Apples |
| **Wednesday** | Weetabix | Traditional cottage pie  Garden peas/ carrots | Fruit yoghurt | Crackers with cheese slices, ham and tomatoes | Banana |
| **Thursday** | Natural yogurt and banana | Mac & Cheese  Sweetcorn/ rustic bread | Peaches & ice cream | Turkey sandwiches and apple slices | Melon smiles |
| **Friday** | Choice of cereal | Pork meatballs with tomato sauce  Spaghetti/ mixed veg | Carrot cake | Pitta breads, dips, peppers and carrot | Pears |