






<b>Week 1</b>	<b>Breakfast</b>	<b>Mid-Morning Snack</b>	<b>Lunch</b>	<b>Dessert</b>	<b>Afternoon Snack</b>	<b>Tea</b>	<b>Dessert</b>
<b>Monday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	Vegetable pasta bake 	 Flapjacks	 Milk to Drink. Breadsticks and Cucumber sticks	 Tuna Melt (V) Veggie Melt served with salad	 Apple Slices
<b>Tuesday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Chicken and Potato Pie Or (V) Quorn/Soya and Potato Pie  Served with mixed Vegetables	 Custard served with Bananas	 Milk to Drink.  Cream Crackers with Cheese Spread	 Tomato Soup served with fresh Buttered Rolls	 Blueberries
<b>Wednesday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	<b>*Parent recipe*</b> <b>Alternative</b>  Minced Chilli served with rice and Vegetables	 Natural Yoghurt served with Peach puree	 Milk to Drink. Pancakes with Jam	 Cheese and tomatoes Pizzas with vegetable sticks	 Strawberries slices
<b>Thursday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Roast Chicken or (V) Quorn with Roast Potatoes and Vegetables served with Gravy	 Lemon Cake	 Milk to Drink. White Bread with Spread served with Sliced Grapes	 Pasta in a cheese sauce served with vegetables	 Pear slices
<b>Friday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Lasagne Or (V) Vegetarian Lasagne served with mixed vegetables and Garlic bread	 Mixed Fruit Medley	 Milk to Drink. Scones and Jam	 Chicken and Vegetable Stew  (V) Quorn/Soya stew served with fresh bread	 Orange slices

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<b>Week 2</b>	<b>Breakfast</b>	<b>Mid-Morning Snack</b>	<b>Lunch</b>	<b>Dessert</b>	<b>Afternoon Snack</b>	<b>Tea</b>	<b>Dessert</b>
<b>Monday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Vegetable Curry served on a Bed of Long Grain Rice	 Shortbread	 Milk to Drink. Vegetable sticks with cheese spread	 Fish Fingers with Baked Beans and Waffles	 Fruit cocktail
<b>Tuesday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Spaghetti bolognese (V) vegetable bolognese	 Natural Yoghurt served with Peach puree	 Milk to Drink. Rice cakes and carrot sticks	 Muffin pizzas	 Blueberries
<b>Wednesday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Chicken Casserole with new Potatoes (V) Vegetable Casserole with Creamed Potato Mash	 Cake served with Custard	 Milk to Drink. Bread Sticks with cheese sticks and tomatoes	 Pasta in a Tomato Sauce	 Strawberries
<b>Thursday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	<b>*Parent recipe*</b>  <b>Alternative</b> Sausages and Mash with baked beans	 Rice pudding with apple puree	 Milk to Drink. Crackers with cheese spread and cucumber sticks	 Chunky Vegetable Soup served with fresh Buttered Rolls	 Grapes
<b>Friday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Fish Cakes Or (V) Vegetable patties served with Homemade Potato Wedges and Sweet corn	 Bananas and Custard	 Milk to Drink. Fruit Kebabs	 Cheese and Onion rolls with Spaghetti hoops	 Apple Slices

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<b>Week 3</b>	<b>Breakfast</b>	<b>Mid-Morning Snack</b>	<b>Lunch</b>	<b>Dessert</b>	<b>Afternoon Snack</b>	<b>Tea</b>	<b>Dessert</b>
<b>Monday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Sweet and Sour Chicken served with rice noodles Or (V) Sweet And Sour Quorn served with Noodles	 Stewed Apple with plain Yoghurt	 Milk to Drink. White Bread with Spread served with Sliced Grapes	 Cheese and Tuna Wraps	 Pear Slices
<b>Tuesday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	<b>*Parent recipe*</b> <b>Alternative</b>  Fish fingers, Roast Potatoes and Vegetables	 Short Bread	 Milk to Drink. Rice cakes with Vegetable stick	 Tomato Soup served with fresh Buttered Rolls	 Fruits
<b>Wednesday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Sausage pasta bake served with mixed vegetables Or Vegetarian sausage pasta bake	 Yoghurt pots	 Milk to Drink. Wholemeal Pitta Bread served with cheese spread	 Cheese and Onion Rolls served with Baked Beans	 Blueberries
<b>Thursday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Shepherd's pie with mixed vegetables (V) Quorn Roast	 Rice Pudding served with stewed Apple	 Milk to Drink. Bread sticks and carrot sticks	 Hot Cheesy Crumpet served with Cucumber Slices	 Flavoured yoghurt pots
<b>Friday</b>	 A selection of Cereal Fresh Drinking water	 A selection of Fresh Fruit served with milk or water	 Fisherman's Pie served with Green Beans Or (V) Mixed vegetable pie	 Fruit cocktail	 Milk to Drink. Crackers with Sliced Cherry Tomatoes	 Macaroni Cheese and Broccoli	 Fresh Satsuma

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<b>Week 4</b>	<b>Breakfast</b>	<b>Mid-Morning Snack</b>	<b>Lunch</b>	<b>Dessert</b>	<b>Afternoon Snack</b>	<b>Tea</b>	<b>Dessert</b>
<b>Monday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Jacket potato served with baked beans and cheese	 Sliced Pear	 Milk to Drink. Rice Cakes with Jam spread	 Pizza served with Cucumber and Carrot Sticks	 Mixed Fruit
<b>Tuesday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Spaghetti bolognese Or (V) Vegetable bolognese	 Natural Yoghurt with Peach Puree	 Milk to Drink. Scones and Jam	 Tomato Soup served with a fresh wholemeal roll	 Blueberries
<b>Wednesday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 BBQ Chicken Or (V) BBQ Quorn served with Vegetable Rice	 Apple pie	 Milk to Drink. Vegetable sticks and cheese spread	 Cheese sandwiches with vegetable sticks	 Strawberries
<b>Thursday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	 Salmon and Vegetable pasta (V) Quorn And Vegetable pasta	 Flapjack	 Milk to Drink. Bread Sticks served with Sliced Cherry Tomatoes	 Warm Waffles served with Spaghetti hoops	 Apple Slices
<b>Friday</b>	 A selection of Cereal Fresh Drinking Water	 A selection of Fresh Fruit served with milk or water	<b>*Parent recipe*</b> <b>Alternative</b>  Chicken and vegetable Couscous	 Fruit Kebabs	 Milk to Drink. Hot cross buns	 Fish cakes with Vegetables	 Bananas

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