

Menu

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--|--|---|--|---|
| BREAKFAST | Choice of cereal Banana Fruit juice or water | Potato cake & spread Fruit yogurt Grapes Fruit juice or water | Choice of cereal Banana & raisins Fruit juice or water | Choice of cereal Apple Fruit juice or water | Brown toast & spread Sliced orange Fruit juice or water |
| MID MORNING SNACK | Bread sticks with assorted dips Cucumber Semi skimmed milk | Toasted bagel & beef Peppers Semi skimmed milk | Brown toast & hard boiled egg Grapes Semi skimmed milk | Toasted teacake & spread Oranges Semi skimmed milk | Crackers & cheese spread Melon Semi skimmed milk |
| LUNCH | Homemade tomato ,cheese & chicken Pizza, chips & salad | Sausage in thick gravy, mash & peas | Quorn bolognaise with whole wheat pasta & broccoli with home- made garlic bread | Homemade chicken & veg broth with crusty bread | Oven baked cheesy tuna fish pie with peas |
| DESSERT | Ice cream & wafers | Rice pudding with banana & raisins | Mixed fruit & jelly | Cheese & biscuits | Chocolate crunch |
| LIGHT TEA | Beans on white toast Carrots sticks Fruit yogurt Water | Crumpet & tuna mayo & spread Tinned fruit Water | Potato Cake & ham & spread Fromage frais Apple Water | Tuna mayo or cheese sandwiches on brown bread Cucumber Water | Wholewheat pitta bread with ham or cheese Carrot sticks Grapes Water |

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|---|---|---|--|---|
| BREAKFAST | Brown toast & spread Orange Fruit juice or water | Choice of cereal Banana & raisins Fruit juice or water | Ready Brek Apple & raisins Fruit juice or water | Choice of cereal Fruit yogurt & melon Fruit juice or water | Crumpet & spread Apple Fruit juice or water |
| MID MORNING SNACK | Breadsticks & sliced cheese Melon Semi skimmed milk | Toasted teacake & spread Apple Semi skimmed milk | Toasted bagel & turkey Cucumber Semi skimmed milk | Brown toast & hard boiled egg Grapes Semi skimmed milk | Crackers & cheese spread Carrot Sticks Semi skimmed milk |
| LUNCH | Fish fingers , potato waffles & beans | Homemade chunky minestrone & bean soup with homemade garlic bread | Creamy chicken pasta with broccoli | Mild beef curry with brown rice & sweetcorn & peas | Roast dinner with honey roast ham , mash, roast potato ,carrots & gravy |
| DESSERT | Rice pudding | Cheese & biscuits | Fresh fruit salad | Eves pudding & custard | Fruit Yogurt |
| LIGHT TEA | Toasted bagel & slice of beef Cucumber & grapes Water | Crumpet ,ham & spread Orange Water | Beans on brown toast Peppers Water | Pitta bread & tuna mayo or cheese Fruit salad Water | Potato cake , turkey & spread Chocolate cake Water |

| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|---|---|---|--|---|
| BREAKFAST | Choice of cereal Fresh fruit Fruit juice or water | Ready Brek Apple & raisins Fruit juice or water | Choice of cereal Orange Fruit juice or water | Choice of cereal Banana & raisins Fruit juice or water | Potato cake & spread Fruit yogurt & orange Fruit juice or water |
| MID MORNING SNACK | Breadsticks & cheese spread Cucumber Semi skimmed milk | Cheese & crackers Peppers Semi skimmed milk | Toasted teacake & spread Banana Semi skimmed milk | Pitta bread & ham Apple Semi skimmed milk | Brown barm cake & spread Grapes Semi skimmed milk |
| LUNCH | Herby tomato & pilchard whole wheat pasta bake with sweet corn & peas | Creamy mashed potato topped cottage pie with carrots | Chunky homemade leek, potato & butterbean soup with wholemeal bread | Homemade Butchers beef burgers , wedges & beans | Fajitas , rice & salad |
| DESSERT | Ice cream & tinned fruit | Fruit crumble & custard | Fresh fruit | Cheese & biscuits | Chocolate sponge & choc custard |
| LIGHT TEA | Toasted bagel , ham & spread Fresh fruit platter Water | Brown toast & beans Fruit yogurt & banana Water | Pitta bread & chicken roll or tuna Peppers Water | Toasted muffin with cheese spread Melon & apple Water | Toasted crumpet, turkey & spread Fresh fruit platter Water |