











Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	 <b>Garlic Bread</b>		<b>Naan bread dippers &amp; mango chutney</b>		 <b>Vegetables batons &amp; Sour cream chive dip</b>
<b>Lunch</b>	  <b>Quorn Bolognese</b> Wholewheat spaghetti Seasonal Vegetables	<b>Salmon &amp; Haddock mashed topped pie.</b> Seasonal Vegetables	<b>Creamy chicken curry</b> Rice & Seasonal Vegetables	<b>Gammon with parsley sauce</b> New Potatoes & Seasonal Vegetables	 <b>Quorn Pieces in tomato and pepper sauce.</b> Cous cous & Seasonal Vegetables
<b>Pudding</b>		<b>No added sugar Berry Cheesecake</b>		<b>Yogurt &amp; Fresh fruit</b>	
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		<b>Vegetable batons &amp; Tzatziki</b>		<b>Vegetable batons &amp; Hummus</b>	
<b>Tea</b>	 <b>Mini Mezza Platter</b> (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	<b>Jazzy Jackets</b> (Ham, cheese, Tomato)	 <b>Beans on wholemeal toast</b>	<b>Tuna and sweetcorn muffin melts</b>	 <b>Cream cheese crumpets</b>
<b>Pudding</b>	<b>Fresh fruit &amp; Yogurt</b>		<b>Seasonal fresh fruit salad</b>		<b>Yogurt &amp; Banana Batons</b>











A favourite recipe suggested by our families



Meat-free recipe



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	 <b>Garlic Bread</b>		<b>Naan bread dippers &amp; mango chutney</b>		 <b>Vegetables batons &amp; Sour cream chive dip</b>
<b>Lunch</b>	  <b>Quorn Bolognese</b> Wholewheat spaghetti Seasonal Vegetables	<b>Salmon &amp; Haddock mashed topped pie.</b> Seasonal Vegetables	<b>Creamy chicken curry</b> Rice & Seasonal Vegetables	<b>Gammon with parsley sauce</b> New Potatoes & Seasonal Vegetables	 <b>Quorn Pieces in tomato and pepper sauce.</b> Cous cous & Seasonal Vegetables
<b>Pudding</b>		<b>No added sugar Berry Cheesecake</b>		<b>Yogurt &amp; Fresh fruit</b>	
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		<b>Vegetable batons &amp; Tzatziki</b>		<b>Vegetable batons &amp; Hummus</b>	
<b>Tea</b>	 <b>Mini Mezza Platter</b> (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	<b>Jazzy Jackets</b> (Ham, cheese, Tomato)	 <b>Beans on wholemeal toast</b>	<b>Tuna and sweetcorn muffin melts</b>	 <b>Cream cheese crumpets</b>
<b>Pudding</b>	<b>Fresh fruit &amp; Yogurt</b>		<b>Seasonal fresh fruit salad</b>		<b>Yogurt &amp; Banana Batons</b>



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Meat-free recipe



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		<b>Garlic Bread</b>		<b>Vegetables batons &amp; Sour cream chive dip</b>	
<b>Lunch</b>	<b>Soft fish tacos</b> Homemade wedges, sweetcorn, tomato & Avocado Salsa	<b>Macaroni Cheese</b> Seasonal Vegetables	<b>Sweet &amp; Sour chicken</b> egg noodles, stir fried vegetables	<b>Bean Chilli con carne</b> Brown Rice	<b>Beef &amp; Mushroom stroganoff</b> Mash potato & Seasonal Vegetables
<b>Pudding</b>	Fresh Fruit salad		<b>Yogurt &amp; Mango coulis</b>		Frozen Strawberry yogurt
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	<b>Vegetable batons &amp; Hummus</b>		<b>Vegetable batons &amp; Tzatziki</b>		<b>Vegetable batons &amp; Hummus</b>
<b>Tea</b>	<b>Ham &amp; Cheese Pitta Pockets</b>	<b>Sandwich Selection</b> (egg mayo, cheese, cucumber)	<b>Pizza Muffins</b> (Ham, tomato, sweetcorn)	<b>Mini cheese &amp; Broccoli quiches</b>	<b>Ploughman's Picnic</b> (crackers, cheese sticks, ham & Pickle)
<b>Pudding</b>		<b>Yogurt &amp; Fresh fruit</b>		<b>Banana Buns</b>	



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Meat-free recipe



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Garlic Bread		Vegetable Batons & Tzatziki		Vegetables batons & Hummus
<b>Lunch</b>	Pork Meatballs Mash potato & Seasonal Vegetables	Chicken Fajita Bake Brown rice	Vegetable Lasagne Seasonal Vegetables	Salmon and pea risotto Seasonal Vegetables	Roasted Quorn New Potatoes & Seasonal Vegetables
<b>Pudding</b>		Yogurt & Fresh fruit		Yogurt & summer berry coulis	
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Vegetable batons & Hummus		Vegetable batons & sour cream chive	
<b>Tea</b>	Beans on Toast	Cheese & Tomato puff pinwheels	Mini Mezze Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	Jazzy Jackets (Ham, Cheese and tomato)	Wrap Selection (Cheese & Cucumber, grated carrot & hummus)
<b>Pudding</b>	Fresh fruit salad		Fresh fruit & Yogurt		banana, carrot & sultana muffins





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Meat -free recipe



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Garlic Bread		Naan bread dippers & mango chutney		Vegetables batons & Sour cream chive dip
<b>Lunch</b>	 <b>Quorn Bolognese</b> Wholewheat spaghetti Seasonal Vegetables	cheesy vegetable mashed topped pie. Seasonal Vegetables	Creamy lentil and chickpea curry Rice & Seasonal Vegetables	plant-based fillet with parsley sauce New Potatoes & Seasonal Vegetables	Quorn Pieces in tomato and pepper sauce. Cous cous & Seasonal Vegetables
<b>Pudding</b>		No added sugar Berry Cheesecake		Yogurt & Fresh fruit	
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Vegetable batons & Tzatziki		Vegetable batons & Hummus	
<b>Tea</b>	<b>Mini Mezza Platter</b> (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	<b>Jazzy Jackets</b> (sweetcorn, cheese, Tomato)	 <b>Beans on wholemeal toast</b>	Tomato and cheese muffin melts	Cream cheese crumpets
<b>Pudding</b>	Fresh fruit & Yogurt		Seasonal fresh fruit salad		Yogurt & Banana Batons







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<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Garlic Bread		Vegetables batons & Sour cream chive dip	
<b>Lunch</b>	Soft plant-based tacos Homemade wedges, sweetcorn, tomato & Avocado Salsa	 Macaroni Cheese Seasonal Vegetables	 Sweet & Sour plant-based pieces egg noodles, stir fried vegetables	Bean Chilli con carne Brown Rice	Mushroom stroganoff Mash potato & Seasonal Vegetables
<b>Pudding</b>	Fresh Fruit salad		Yogurt & Mango coulis		Frozen Strawberry yogurt
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Vegetable batons & Hummus		Vegetable batons & Tzatziki		Vegetable batons & Hummus
<b>Tea</b>	grated carrot & cheese pitta pockets	Sandwich Selection (egg mayo, cheese, cucumber)	 Pizza Muffins (Pepper, tomato, sweetcorn)	Mini cheese & Broccoli quiches	Ploughman's Picnic (crackers, cheese sticks, avocado & Pickle)
<b>Pudding</b>		Yogurt & Fresh fruit		Banana Buns	













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<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Garlic Bread		Vegetable Batons & Tzatziki		Vegetables batons & Hummus
<b>Lunch</b>	plant-based Meatballs Mash potato & Seasonal Vegetables	 Quorn Fajita Bake Brown rice	 Vegetable Lasagne Seasonal Vegetables	Bean and pea risotto Seasonal Vegetables	Roasted Quorn New Potatoes & Seasonal Vegetables
<b>Pudding</b>		Yogurt & Fresh fruit		Yogurt & summer berry coulis	
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Vegetable batons & Hummus		Vegetable batons & sour cream chive	
<b>Tea</b>	Beans on Toast	Cheese & Tomato puff pinwheels	Mini Mezze Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	Jazzy Jackets (Cheese and tomato)	Wrap Selection (Cheese & Cucumber, grated carrot & hummus)
<b>Pudding</b>	Fresh fruit salad		Fresh fruit & Yogurt		banana, carrot & sultana muffins





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<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	 Bread fingers		Pitta fingers		 Softened Vegetables batons
<b>Lunch</b>	  Quorn Bolognese Pasta shapes Seasonal Vegetables	Salmon & Haddock mashed topped pie. Softened Vegetables	Creamy chicken curry Rice & Softened Vegetables	Chicken in parsley sauce New Potatoes & Softened Vegetables	 Quorn Pieces in tomato and pepper sauce. Cous cous & Seasonal Vegetables
<b>Pudding</b>		Yogurt & Pureed apple		Fresh fruit & Yogurt	
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Softened Vegetable batons		Softened Vegetable batons	
<b>Tea</b>	 Mini Mezza Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	Jazzy Jackets (Ham, cheese, Tomato)	 Beans on toast fingers	Tuna and sweetcorn muffin melt fingers	 Cream cheese crumpet fingers
<b>Pudding</b>	Fresh fruit & Yogurt		Seasonal fresh fruit salad		Yogurt & Banana Batons








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Meat-free recipe





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<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		<b>Bread fingers</b>		<b>Softened Vegetables batons</b>	
<b>Lunch</b>	<b>Soft fish tacos</b> Potato, sweetcorn, tomato & Avocado Salsa	 <b>Macaroni Cheese</b> Softened Vegetables	<b>Sweet &amp; sour chicken</b> Pasta shapes, stir fried vegetables	 <b>Bean Chilli con carne</b> Brown Rice	<b>Beef &amp; Mushroom stroganoff</b> Mash potato & Seasonal Vegetables
<b>Pudding</b>	<b>Fresh Fruit salad</b>		<b>Yogurt &amp; Mango coulis</b>		<b>Frozen Strawberry yogurt</b>
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	<b>Softened Vegetable batons</b>		<b>Softened Vegetable batons</b>		<b>softened vegetable batons</b>
<b>Tea</b>	<b>Ham &amp; Cheese sandwich fingers</b>	 <b>Finger Sandwich Selection</b> (egg mayo, cheese, cucumber)	 <b>Pizza Muffins fingers</b> (Ham, tomato, sweetcorn)	 <b>Mini cheese &amp; Broccoli quiches</b>	<b>Ploughman's Picnic</b> (bread fingers, cheese sticks, ham & Pickle)
<b>Pudding</b>		<b>Fresh fruit &amp; Yogurt</b>		<b>Yogurt and pureed apple</b>	



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<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Bread fingers		Softened Vegetable Batons		softened Vegetables batons
<b>Lunch</b>	Pork Meatballs Mash potato & Seasonal Vegetables	Chicken Fajita Bake Brown rice	Vegetable Lasagne Seasonal Vegetables	Salmon and pea risotto Softened Vegetables	Roasted Quorn New Potatoes & Seasonal Vegetables
<b>Pudding</b>		Fresh fruit & Yogurt		Yogurt & summer berry coulis	
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Softened Vegetable batons		Softened Vegetable batons	
<b>Tea</b>	Beans on Toast	Cheese & Tomato puff pinwheels	Mini Mezze Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	Jazzy Jackets (Ham, Cheese and tomato)	Wrap Selection (Cheese & Cucumber, grated carrot & hummus)
<b>Pudding</b>	Fresh fruit salad		Fresh fruit & Yogurt		Banana batons



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<b>Breakfast Bar -</b>	A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b>	Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>			 <b>Garlic Bread</b>		 <b>Vegetable batons &amp; Sour cream &amp; Chive dip</b>	
<b>Lunch</b>	<b>Beef &amp; Spinach Curry</b> Brown Rice	 <b>Cauliflower &amp; Broccoli bake</b> Seasonal Vegetables		<b>Tuna Pasta Bake</b> Seasonal Vegetables	 <b>Sweet potato topped Quorn cottage pie</b> Seasonal Vegetables	<b>BBQ Chicken</b> New potatoes & Seasonal Vegetables
<b>Pudding</b>	<b>Natural Yogurt &amp; Banana Batons</b>			<b>Natural Yogurt &amp; Stewed apple &amp; Sultanas</b>		<b>Banana &amp; Cinnamon Rice pudding</b>
<b>Afternoon Snack Bar -</b>	Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	<b>Vegetable batons</b>			<b>Vegetable batons &amp; Tzatziki</b>		<b>Vegetable batons &amp; Hummus</b>
<b>Tea</b>	<b>Jazzy Jackets</b> (Beans & Cheese)	 <b>Courgette Muffins</b> Vegetable sticks		<b>Sandwich Bar</b> (Egg Mayo, Cheese & Ham)	  <b>Veggie topped Pizza Muffins</b>	<b>Ploughman's Picnic</b> (crackers, cheese sticks, ham & Pickle)
<b>Pudding</b>		<b>Seasonal Fruit Selection</b>			<b>Fresh fruit &amp; Yogurt</b>	








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<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Vegetable batons & sour cream chive dip		Pitta dippers		Garlic Bread
<b>Lunch</b>	 <b>Bean &amp; Veggie Sausage Casserole</b> Mashed potatoes & seasonal vegetables	<b>Pork Ragù</b> Wholewheat pasta & Seasonal Vegetables	 <b>Chickpea, Lentil &amp; spinach curry</b> Rice	 <b>Roast Chicken</b> Potatoes, Yorkshire pudding & Seasonal Vegetables	<b>Salmon &amp; Broccoli Pasta</b> Seasonal Vegetables
<b>Pudding</b>		Apple, Banana & Beetroot cake		Seasonal fresh fruit salad	
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Vegetable batons & Tzatziki		Vegetables batons & Hummus	
<b>Tea</b>	 <b>Rainbow Fritata</b>	Warm Wholemeal tuna & sweetcorn pitta pockets	 <b>Jazzy Jackets</b> (Broccoli, Sweetcorn & Cream cheese)	Ham & Cream Cheese Crumpets	Cheese & Tomato Puff Pastry Pinwheels
<b>Pudding</b>	Fresh fruit & Yogurt		Yogurt & Peaches		Natural Yogurts & Homemade winter berry coulis









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<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Vegetable batons & Sour cream chive dip		Vegetable batons & Hummus	
<b>Lunch</b>	 <b>Beef Bolognese</b> Spaghetti Seasonal Vegetables	 <b>Puff Pastry chicken &amp; mushroom pie</b> Mash, Vegetables & Gravy	 <b>Bean &amp; vegetable enchiladas</b> Sweetcorn	<b>Fish Cakes</b> New potatoes & Seasonal Vegetables	 <b>Wholewheat pasta Primavera</b> Seasonal Vegetables
<b>Pudding</b>	Natural Yogurt & Pears		No added sugar apple crumble tart		Fresh fruit & Yogurt
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Vegetable batons & Hummus		Warm Crusty Bread		Vegetable batons & Tzatziki
<b>Tea</b>	<b>Wrap Selection</b> (Ham, Cheese, Tuna)	<b>Pizza Muffin</b> Children's choice of toppings	 <b>Hearty Vegetable soup</b>	<b>Mini Crustless Quiche</b> (Ham, Peppers & Sweetcorn)	 <b>Beans and Cheese on toast</b>
<b>Pudding</b>		Fresh fruit & Yogurt		Fresh seasonal Fruit selection	



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<b>Morning Snack Bar -</b>	Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>			Garlic Bread		Vegetable batons & Sour cream Chive dip	
<b>Lunch</b>		Quorn mince & Spinach Curry Brown Rice	Cauliflower & Broccoli bake Seasonal Vegetables	Rainbow Vegetable pasta Bake Seasonal Vegetables	Sweet potato topped Quorn cottage pie Seasonal Vegetables	BBQ Quorn Fillet New potatoes & Seasonal Vegetables
<b>Pudding</b>		Natural Yogurt & Banana Batons		Natural Yogurt & Stewed apple & Sultanas		Banana & Cinnamon Rice pudding
<b>Afternoon Snack Bar -</b>	Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Vegetable batons		Vegetable batons & Tzatziki		Vegetable batons & Hummus
<b>Tea</b>		Jazzy Jackets (Beans & Cheese)	Courgette Muffins Vegetable sticks	Sandwich Bar (Egg Mayo & Cheese)	 Veggie topped Pizza Muffins	Ploughman's Picnic (crackers, cheese sticks, falafel & Pickle)
<b>Pudding</b>			Seasonal Fruit Selection		Fresh fruit & Yogurt	







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<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Vegetable batons & sour cream chive dip		Pitta dippers		Garlic Bread
<b>Lunch</b>	Bean & Veggie Sausage Casserole Mashed potatoes & seasonal vegetables	Quorn Mince Ragu Wholewheat pasta & Seasonal Vegetables	Chickpea, Lentil & spinach curry Rice & Seasonal Vegetables	Roast Quorn Fillet Potatoes, Yorkshire pudding & Seasonal Vegetables	Quorn & Broccoli Pasta Seasonal Vegetables
<b>Pudding</b>		Apple, Banana & Beetroot cake		Seasonal fresh fruit salad	
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Vegetable batons & Tzatziki		Vegetables batons & Hummus	
<b>Tea</b>	Rainbow Fritata	Warm Wholemeal Coronation chickpea pitta pockets	Jazzy Jackets (Broccoli, Sweetcorn & Cream cheese)	Cream Cheese Crumpets	Cheese & Tomato Puff Pastry Pinwheels
<b>Pudding</b>	Fresh fruit & Yogurt		Yogurt & Peaches		Natural Yogurts & Homemade winter berry coulis











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<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		<b>Vegetable batons &amp; Sour cream chive dip</b>		<b>Vegetable batons &amp; Hummus</b>	
<b>Lunch</b>	 <b>Lentil Bolognese</b> Spaghetti Seasonal Vegetables	<b>Puff Pastry Quorn &amp; mushroom pie</b> Mash, Softened Vegetables & Gravy	<b>Bean &amp; vegetable enchiladas</b> Sweetcorn	<b>Plant-based Veggie Fingers</b> New potatoes & Seasonal Vegetables	<b>Wholewheat pasta Primavera</b> Seasonal Vegetables
<b>Pudding</b>	<b>Natural Yogurt &amp; Pears</b>		<b>No added sugar apple crumble tart</b>		<b>Fresh fruit &amp; Yogurt</b>
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	<b>Vegetable batons &amp; Hummus</b>		<b>Warm Crusty Bread</b>		<b>Vegetable batons &amp; Tzatziki</b>
<b>Tea</b>	<b>Wrap Selection</b> (Tomato, cheese & Egg)	 <b>Pizza Muffin</b> Children's choice of toppings	<b>Hearty Vegetable soup</b>	<b>Mini Crustless Quiche</b> (Tomato, Peppers & Sweetcorn)	<b>Beans and Cheese on toast</b>
<b>Pudding</b>		<b>Fresh fruit &amp; Yogurt</b>		<b>Fresh seasonal Fruit selection</b>	







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<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Pitta Fingers		 Softened Vegetable batons	
<b>Lunch</b>	Beef & Spinach Curry Brown Rice	 Cauliflower & Broccoli bake Softened Vegetables	Tuna Pasta Bake Softened Vegetables	 Sweet potato topped Quorn cottage pie Softened Vegetables	BBQ Chicken New potatoes & Seasonal Vegetables
<b>Pudding</b>	Natural Yogurt & Banana Batons		Natural Yogurt & Stewed apple & Sultanas		Banana & Cinnamon Rice pudding
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Softened Vegetable batons		Softened Vegetable batons		Softened Vegetable batons
<b>Tea</b>	Jazzy Jackets (Beans & Cheese)	 Courgette Muffins Softened Vegetable sticks	Finger Sandwiches (Egg Mayo, Cheese & Ham)	  Veggie topped Pizza Muffin fingers	Ploughman's Picnic (bread fingers, cheese sticks, ham & Pickle)
<b>Pudding</b>		Seasonal Fruit Selection		Fresh fruit & Yogurt	








A favourite recipe suggested by our families



Meat-free recipe



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Softened Vegetable batons		Pitta Fingers		Toast Fingers
<b>Lunch</b>	 <b>Bean &amp; Veggie Sausage Casserole</b> Mashed potatoes & softened vegetables	<b>Pork Ragù</b> Wholewheat pasta & Softened Vegetables	 <b>Chickpea, Lentil &amp; Spinach curry</b> Rice	 <b>Roast Chicken</b> Potatoes & Softened Vegetables	<b>Salmon &amp; Broccoli Pasta</b> softened Vegetables
<b>Pudding</b>		Yogurt & Pureed Apple		Seasonal fresh fruit salad	
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Softened Vegetable batons		Softened Vegetables batons	
<b>Tea</b>	 <b>Rainbow Fritata</b>	<b>Tuna &amp; Sweetcorn Finger Sandwiches</b>	 <b>Jazzy Jackets</b> (Broccoli, Sweetcorn & Cream cheese)	<b>Cream Cheese Crumpet Fingers</b>	<b>Cheese &amp; Tomato Puff Pastry Pinwheels</b>
<b>Pudding</b>	Fresh fruit & Yogurt		Yogurt & Peaches		Natural Yogurts & Homemade winter berry coulis










A favourite recipe suggested by our families



Meat-free recipe



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Softened Vegetable batons		Softened Vegetable batons	
<b>Lunch</b>	 <b>Beef Bolognese</b> Pasta shapes Softened Vegetables	 <b>Puff Pastry chicken &amp; mushroom pie</b> Mash & Softened Vegetables	 <b>Bean &amp; vegetable enchiladas</b> Sweetcorn	<b>Fish Cakes</b> New potatoes & Softened Vegetables	 <b>Wholewheat pasta Primavera</b> Softened Vegetables
<b>Pudding</b>	Natural Yogurt & Pears		Yogurt and Pureed Apple		Fresh fruit & Yogurt
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Softened Vegetable batons		Bread Fingers		Softened Vegetable batons
<b>Tea</b>	<b>Wrap Selection</b> (Ham, Cheese, Tuna)	 <b>Pizza Muffin Fingers</b> Children's choice of toppings	 <b>Hearty Vegetable soup</b>	<b>Mini Crustless Quiche</b> (Ham, Peppers & Sweetcorn)	 <b>Toast Fingers with beans &amp; Cheese</b>
<b>Pudding</b>		Natural yogurt & Fruit selection		seasonal Fruit selection	



A favourite recipe suggested by our families



Meat-free recipe