

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (07:30) Drink: Water only	Weetabix (or cheerio's) with milk and raisins	Porridge with banana	Weetabix (or cheerio's) with milk and raisins	Porridge with chopped apricots	Weetabix (or cheerio's) with milk and raisins
Mid morning snack (10:00)	Wholemeal toast, vegetable spread and fruit	Multi Melon fingers	Crumpets with spread	Fruit selection	Toasted muffins with spread and fruit
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Lunch (from 12:00) Drinks: Water only	Chicken goujons (or Quorn fillet) with mixed vegetables and potato wedges	Cottage pie with hidden veg (or Quorn Mince) and broccoli	Roast Chicken (or Quorn fillet) with roast potatoes vegetables and gravy	Cooks curry (Chicken or vegetable) served with rice and Nann	Fish Fingers (of Fish less fingers) with Mash potato and vegetables
	Fruit crumble	Fruit salad	Jam sponge with custard	Greek Yoghurt and Fruit	Fruit selection
Mid afternoon snack (15:00)	Fruit selection	Cheese sticks with cucumber and crackers	Fruit selection	Pita bread with tzatziki and pepper sticks	Rice cakes with dips
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Tea (from 17:10) Drinks: Water only	Maccaroni cheese	Chicken and couscous	Beans / spaghetti on wholemeal toast	Jacket potato with beans/cheese or 5 bean chilli	Selection of wraps
Note: Fresh Drinking water is always available and accessible					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (07:30) Drink: Water only	Weetabix (or cheerio's) with milk and raisins	Porridge with banana	Weetabix (or cheerio's) with milk and raisins	Porridge with chopped apricots	Weetabix (or cheerio's) with milk and raisins
Mid-morning snack (10:00)	Banana on crumpets	Fruit platter	Toasted fruit bread with spread	Fruit platter	Wholemeal toast with spread
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Lunch (from 12:00) Drinks: Water only	Shepards pie lamb mince (vegetable option) served with carrots	Five bean chilli with rice	Roast Chicken (or Quorn fillet) with roast potatoes vegetables and gravy	Sausages in onion gravy with swede / carrot mash and broccoli	Fish Fingers (of Fish less fingers) with Mash potato and vegetables
	Fruit crumble and custard	Welsh cakes and fruit	Fruit and yoghurt	Homemade Carrot cake	Fruit Salad
Mid afternoon snack (15:00)	Fruit platter	Rice cakes, bread sticks with dip	Fruit platter	Toasted muffin cream cheese and cucumber	Cheese sticks with cucumber sticks
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Tea (17:10) Drinks: Water only	Chicken fajita	Homemade pizza	Pasta pots	Baked beans on wholemeal toast with spread	Selection of wraps
Note: Fresh Drinking water is always available and accessible					

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (07:30) Drink: Water only	Weetabix (or cheerio's) with milk and raisins	Porridge with banana	Weetabix (or cheerio's) with milk and raisins	Porridge with chopped apricots	Weetabix (or cheerio's) with milk and raisins
Mid morning snack (10:00)	Toasted muffins with spread	Fruit selection	wholemeal toast with spread and fruit	Melon medley	Crumpets with spread
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Lunch (from 12:00) Drinks: Water only	Lamb goulash (or bean goulash) with cous cous and green beans	Beef Bolognese (or Quorn mince) with garlic bread	BBQ Roast chicken (or Quorn fillet) with roast potatoes, vegetables, gravy and stuffing	Sausage pasta bake (meat free sausage pasta bake)	Fish Fingers (of Fish less fingers) with Mash potato and vegetables
	Warm poached cinnamon and raisin apples	Fruit cocktail	Fruit and jelly	Banana custard	Fruit and yogurt
Mid afternoon snack (15:00)	Fruit selection	Rice cakes, bread sticks with tzatziki	Cheese and pineapple with crackers	Ham and cheese pita pockets	Toasted bagel with vegetable spread/ cream cheese and cucumber
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Tea (17:10) Drinks: Water only	Jacket potato with beans/cheese	Battered Chicken with carrot and potato, vegetables	Curry (chicken or vegetable) and rice	Homemade pizza (Margarit, Chicken and [pepper])	Pasta pot
Note: Fresh Drinking water is always available and accessible					