Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (07:30)	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
Drink: Water only					
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)	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
Drinks: Water only	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)	Maccaroni cheese	Chicken and couscous	Beans / spaghetti on wholemeal toast	Jacket potato with beans/cheese or 5 bean chilli	Selection of wraps
Drinks: Water only					
Note: Fresh Drinking	water is always available a	nd accessible	1	1	1

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast (07:30)	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	
Drink: Water only						
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)	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	
Drinks: Water only	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)	Chicken fajita	Homemade pizza	Pasta pots	Baked beans on wholemeal toast with spread	Selection of wraps	
Drinks: Water only						
Note: Fresh Drinking water is always available and accessible						

with milk and raisins   with milk and raisins   with milk and raisins   apricots   milk and raisins     Viid morning snack 10:00)   Toasted muffins with spread   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   Milk or Water   Milk or Water     unch (from 12:00)   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     Drinks: Water only   Warm poached cinnamon and raisin apples   Fruit cocktail   Fruit and jelly   Banana custard   Fruit and yogurt     *tid afternoon snack fis.00)   Fuit 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     *tid afternoon snack fis.00   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 </th <th>Week 3</th> <th>Monday</th> <th>Tuesday</th> <th>Wednesday</th> <th>Thursday</th> <th>Friday</th>	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Drink: Water only       Toasted muffins with spread       Fruit selection       wholemeal toast with spread and fruit       Melon medley       Crumpets with spread         10:001       Milk or Water       Sausage pasta bake (meat free sausage)       Fish Fingers (of Fish less fingers) with Mash potato and vegetables, gravy and stuffing       Sausage pasta bake (meat free sausage)       Fish Fingers (of Fish less fingers) with Mash potato and vegetables         Drinks: Water only       Warm poached cinnamon and raisin apples       Fruit cocktail       Fruit and jelly       Banana custard       Fruit and yogurt         Vid afternoon snack 15:00       Filk ro Water       Milk or Water	Breakfast (07:30)		Porridge with banana		• • • • •	· · · · · ·
Tide 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     Milk or Water     Milk or Water       Lunch (from 12:00)     Lamb goulash (or bean goulash) with couse cous and green beans     Beef Bolognese (or Quorn mince) with garlic bread     BBQ Roast chicken (or Quorn mince) with garlic bread     Sausage pasta bake (meat free sausage pasta bake)     Fish Fingers (of Fish less fingers) with Mash potato and vegetables       Drinks: Water only     Warm poached cinnamon and raisin apples     Fruit cocktail     Fruit and jelly     Banana custard     Fruit and yogurt       Vid afternoon snack 15:00     Fruit selection     Rice cakes, bread sticks with tzatziki     Cheese and pineapple     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     Milk or Water     Milk or Water       Milk or Water     Milk or water		with milk and raisins		with milk and raisins	apricots	milk and raisins
Tide 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     Milk or Water     Milk or Water       Lunch (from 12:00)     Lamb goulash (or bean goulash) with couse cous and green beans     Beef Bolognese (or Quorn mince) with garlic bread     BBQ Roast chicken (or Quorn mince) with garlic bread     Sausage pasta bake (meat free sausage pasta bake)     Fish Fingers (of Fish less fingers) with Mash potato and vegetables       Drinks: Water only     Warm poached cinnamon and raisin apples     Fruit cocktail     Fruit and jelly     Banana custard     Fruit and yogurt       Vid afternoon snack 15:00     Fruit selection     Rice cakes, bread sticks with tzatziki     Cheese and pineapple     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     Milk or Water     Milk or Water       Milk or Water     Milk or water	Drinks Mater ends					
10:00   spread   spread   spread and fruit   spread and fruit   spread and fruit     Milk or Water     Milk or Water   Milk or Water   Milk or Water   Milk or Water   Milk or Water     Lamb goulash (or bean goulash) with cous cous and green beans   Beef Bolognese (or Quorn filled) with roast gravy and stuffing   Sausage pasta bake (meat free sausage pasta bake)   Fish Fingers (of Fish less fingers) with Mash potato and vegetables, gravy and stuffing     Drinks: Water only   Warm poached cinnamon and raisin apples   Fruit cocktail   Fruit and jelly   Banana custard   Fruit and yogurt     Mild afternoon snack 15:00   Fruit selection   Rice cakes, bread sticks with tzatziki   Cheese and pineapple with crackers   Toasted bagel with vegetable spread/ cream cheese and cucumber     Milk or Water     Milk or Water   Milk or Water   Milk or Water   Milk or Water   Milk or Water     Milk or Water   Milk or water   Milk or water   Milk or Water   Milk or Water     Milk or Water   Milk or water   Milk or Water   Milk or Water   Milk or Water     Milk or Water   Milk or water   Milk or water   Milk or water   Milk or Water     Milk or Wa	-					
Lunch (from 12:00)Lamb goulash (or beans goulash) with cous cous and green beansBeef Bolognese (or Quorn mince) with garlic breadBBQ Roast chicken (or Quorn filet) with roast potatoes, vegetables, gravy and stuffingSausage pasta bake (meat free sausage pasta bake)Fish Fingers (of Fish less fingers) with Mash potato and vegetablesDrinks: Water onlyWarm poached cinnamon and raisin applesFruit cocktailFruit and jellyBanana custardFruit and yogurtMild afternoon snack 15:00)Fruit selectionRice cakes, bread sticks with tzatzikiCheese and pineapple with crackersHam and cheese pita pocketsToasted bagel with vegetable spread/ cream cheese and cucumberMilk or WaterMilk or WaterMilk or WaterHomemade pizza (Margarit, Chicken and potato, vegetables) and ricePasta potDrinks: Water onlyIacket potato with beans/cheeseBattered Chicken with carct and potato, vegetablesCurry (chicken or vegetable) and riceHomemade pizza (Margarit, Chicken and (pepper)Pasta potDrinks: Water onlyIacket potato with beans/cheeseBattered Chicken with carct and potato, vegetablesCurry (chicken or vegetable) and riceHomemade pizza (Margarit, Chicken and (pepper)Pasta pot	Mid morning snack (10:00)		Fruit selection		Melon medley	Crumpets with spread
goulash) with cous cous and green beansQuorn mince) with garlic breadQuorn fillet) with roast potatoes, vegetables, gravy and stuffing(meat free sausage pasta bake)with Mash potato and vegetablesDrinks: Water onlyWarm poached cinnamon and raisin applesFruit cocktailFruit and jellyBanana custardFruit and yogurtMid afternoon snack 15:00)Fruit selectionRice cakes, bread sticks with tzatzikiCheese and pineapple with crackersHam and cheese pita pocketsToasted bagel with vegetables spread/ cream cheese and cucumberMilk or WaterMilk or WaterMilk or WaterMilk or WaterMilk or WaterImage: Cheese and pineapple with crackersBattered Chicken with crackersCheese and pineapple with crackersToasted bagel with vegetable spread/ cream cheese and cucumberImage: Cheese and pineapple with carcot and potato, vegetablesBattered Chicken or vegetablesMilk or WaterMilk or WaterImage: Cheese and potato, vegetablesCurry (chicken or vegetable) and riceHomemade pizza (Margarit, Chicken and [pepper)Pasta potDrinks: Water onlyImage: CheeseImage: CheeseImage: CheeseImage: CheesePasta potDrinks: Water onlyImage: CheeseImage: CheeseImage: CheeseImage: CheesePasta pot		Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Drinks: Water only     cinnamon and raisin apples     cinnamon and raisin apples     cinnamon and raisin apples       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       Isea (17:10)     Jacket potato with beans/cheese     Battered Chicken with carrot and potato, vegetables     Curry (chicken or vegetable) and rice     Homemade pizza (Margarit, Chicken and potato, vegetables) and rice     Pasta pot       Orinks: Water only     Isea (17:10)	Lunch (from 12:00)	goulash) with cous	Quorn mince) with	Quorn fillet) with roast potatoes, vegetables,	(meat free sausage	with Mash potato and
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     Pasta pot     Pasta pot <t< th=""><th>Drinks: Water only</th><td>cinnamon and raisin</td><td>Fruit cocktail</td><td>Fruit and jelly</td><td>Banana custard</td><td>Fruit and yogurt</td></t<>	Drinks: Water only	cinnamon and raisin	Fruit cocktail	Fruit and jelly	Banana custard	Fruit and yogurt
Image: Tea (17:10)     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       Drinks: Water only     Image: Curry (chicken or vegetables)     Image: Curry (chicken or vegetable)	Mid afternoon snack (15:00)					spread/ cream cheese and
beans/cheese     with carrot and potato, vegetables     vegetable) and rice     (Margarit, Chicken and [pepper)       Drinks: Water only     Image: Chicken and potato     Image: Chicken and potato     Image: Chicken and potato		Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
	Tea (17:10)		with carrot and	2	(Margarit, Chicken and	Pasta pot
Note: Fresh Drinking water is always available and accessible	Drinks: Water only					
	Note: Fresh Drinking w	vater is always available	and accessible	1	1	