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| Week One | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast |
| Break | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit |
| Lunch | Chilli Con Carne or  Bean chilli with Rice  Natural Yoghurt | Lentil and vegetable bolognese  Strawberry and oat bars | Chicken Korma or Vegetable Korma  With rice  Natural Yoghurt | Pasta pomodoro  Banana muffins | Chinese chicken or Quorn with Rice  Oatie bites |
| Tea | Fresh seeded bread  Selection of vegetables batons and dried or fresh fruit | Cheese scones  Selection of vegetables batons and dried or fresh fruit | Homemade flatbread  Selection of vegetables batons and dried or fresh fruit | Savoury mezze  Selection of vegetables batons and dried or fresh fruit | Breadsticks and dips  Selection of vegetables batons and dried or fresh fruit |
|  |  |  |  |  |  |
| Week Two | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast |
| Break | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit |
| Lunch | Salmon pasta bake  Blueberry muffins | Chicken and pea paella or Vegan paella  Natural yoghurt | Roasted Butternut Squash and Sweet Potato Pasta Bake  Baked berry bars | Thai green Chicken or Vegetable curry  With rice  Natural Yoghurt | Courgette and Mint Pasta Bake  Weetabix muffins |
| Tea | Breadsticks and dips  Selection of vegetables batons and dried or fresh fruit | Seeded bread  Selection of vegetables batons and dried or fresh fruit | Cheese and crackers  Selection of vegetables batons and dried or fresh fruit | Pitta and dips  Selection of vegetables batons and dried or fresh fruit | Tomato and herb bread spirals  Selection of vegetables batons and dried or fresh fruit |
| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast |
| Break | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit |
| Lunch | Chicken Tikka or Vegetable Tikka  with rice  Natural Yoghurt | Green Pesto Pasta  Oatie fingers | Beef and Vegetable stew or Quorn and Vegetable stew  Natural Yoghurt | Vegetable and Bean Chilli with Rice  Strawberry and oat bars | Tuna Pasta Bake or  Roasted Tomato Pasta  Apple and banana muffins |
| Tea | Fresh bloomer bread  Selection of vegetables batons and dried or fresh fruit | Pitta slices with dips  Selection of vegetables batons and dried or fresh fruit | Fruit Scones  Selection of vegetables batons and dried or fresh fruit | Roasted tomato pizza  Selection of vegetables batons and dried or fresh fruit | Sandwich Selection  Selection of vegetables batons and dried or fresh fruit |

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| Week Four | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast | Variety of Cereals  or Toast |
| Break | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit | Selection of vegetables batons and dried or fresh fruit |
| Lunch | Tomato, bean and Roasted Pepper Fusilli  Baked berry bar | Chicken biryani or Vegetable biryani  Natural Yoghurt | Lasagne Bean Bake    Weetabix muffins | Savoury Mince or  Vegan Mince with potatoes and vegetables  Fruit and oat bars | Spicy vegetable pasta bake  Natural Yoghurt |
| Tea | Crackers and Cream Cheese  Selection of vegetables batons and dried or fresh fruit | Oat and Rye Bread  Selection of vegetables batons and dried or fresh fruit | Pitta slices and dips  Selection of vegetables batons and dried or fresh fruit | Breadsticks and dips  Selection of vegetables batons and dried or fresh fruit | Baguette with fillings  Selection of vegetables batons and dried or fresh fruit |