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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 RiceNatural Yoghurt | Lentil and vegetable bologneseStrawberry and oat bars | Chicken Korma or Vegetable KormaWith riceNatural Yoghurt | Pasta pomodoroBanana muffins | Chinese chicken or Quorn with RiceOatie bites |
| Tea | Fresh seeded breadSelection of vegetables batons and dried or fresh fruit | Cheese sconesSelection of vegetables batons and dried or fresh fruit | Homemade flatbreadSelection of vegetables batons and dried or fresh fruit  | Savoury mezzeSelection of vegetables batons and dried or fresh fruit  | Breadsticks and dipsSelection 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 bakeBlueberry muffins | Chicken and pea paella or Vegan paellaNatural yoghurt | Roasted Butternut Squash and Sweet Potato Pasta BakeBaked berry bars | Thai green Chicken or Vegetable curryWith riceNatural Yoghurt | Courgette and Mint Pasta BakeWeetabix muffins |
| Tea | Breadsticks and dipsSelection of vegetables batons and dried or fresh fruit | Seeded breadSelection of vegetables batons and dried or fresh fruit | Cheese and crackersSelection of vegetables batons and dried or fresh fruit  | Pitta and dipsSelection of vegetables batons and dried or fresh fruit  | Tomato and herb bread spiralsSelection 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 riceNatural Yoghurt | Green Pesto PastaOatie fingers | Beef and Vegetable stew or Quorn and Vegetable stewNatural Yoghurt | Vegetable and Bean Chilli with RiceStrawberry and oat bars | Tuna Pasta Bake orRoasted Tomato PastaApple and banana muffins  |
| Tea | Fresh bloomer breadSelection of vegetables batons and dried or fresh fruit | Pitta slices with dipsSelection of vegetables batons and dried or fresh fruit | Fruit Scones Selection of vegetables batons and dried or fresh fruit | Roasted tomato pizzaSelection of vegetables batons and dried or fresh fruit | Sandwich SelectionSelection 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 FusilliBaked berry bar | Chicken biryani or Vegetable biryaniNatural Yoghurt |  Lasagne Bean Bake Weetabix muffins | Savoury Mince or Vegan Mince with potatoes and vegetablesFruit and oat bars | Spicy vegetable pasta bakeNatural Yoghurt |
| Tea | Crackers and Cream CheeseSelection of vegetables batons and dried or fresh fruit | Oat and Rye BreadSelection of vegetables batons and dried or fresh fruit | Pitta slices and dipsSelection of vegetables batons and dried or fresh fruit | Breadsticks and dipsSelection of vegetables batons and dried or fresh fruit | Baguette with fillingsSelection of vegetables batons and dried or fresh fruit |