Week 1				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies, multi grain hoops and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Chicken and Chorizo Risotto	Roast Gammon, Potato and Veg	Vegetable and Lentil Lasagne	Goan Style Fish Curry and Rice	Lamb Tagine and Cous Cous
Vegetable Risotto	Soya Based Alternative , Potato and Vegetables		Goan Vegetable And Lentil Curry and Rice	Vegetable and Chickpea Tagine
Pudding				
Yoghurt	Fruit Salad	Yoghurt	Stewed Fruit and Custard	Peaches and Cream
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Spaghetti Neapolitan	Cauliflower Biryani	Corn and Bacon Chowder with Homemade Bread	Roasted Vegetable Orzo	Beans on Toast
		Corn Chowder with Bread		
Pudding				
Oranges	Pineapple	Apple	Melon	Banana, Sultana and Oat Cake

Week 2				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies, multi grain hoops and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Beef Pastitsio	Hungarian Fish Stew with Mashed Potato	Asian Pork Noodles	Jerk Chicken, Rice and Peas	Baked Tomato, Basil and Mozzarella Risotto
Soya Mince Pastitsio	Hungarian Vegetable Stew with Mashed Potato	Asian Vegetable Noodles	Jerk Quorn, Rice and Pea	
Fruit Salad	Yoghurt	Cocoa Rice Pudding	Yoghurt	Apple and Sultana Custard
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Dhal and Naan	Apple Parsnip and Butterbean Soup with Handmade Bread	Potato Wedge, Ham and Red Peppers	Salmon and Sweetcorn Pasta	Cauliflower and Broccoli Cheese
Pudding				
Oat and Sultana Cake	Oranges	Pineapple	Apple and Grapes	Melon

Week 3				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies, multi grain hoops and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Roast Chicken, Potatoes and Veg	Thai Fish and Pineapple Curry with Rice	Gammon,Lentil and Sweet Potato Stew	Cajun Vegetable and Bean Risotto	Beef Bolognaise with Garlic Bread
Roast Quorn, Potatoes and Veg	Thai Vegetable Curry with Rice	Lentil and Sweet Potato Stew		
Pudding				
Yoghurt	Peaches and Cream	yoghurt	Fruit Salad	Vanilla Rice Pudding
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Bombay Potatoes	Jacket Potato with Beans and Cheese	Roasted sweet Pepper pasta	Leek and Potato Soup with Bread	Scrambled Egg and Toast
Pudding				
Melon	Banana and Oat Cake	Oranges	Pineapple	Apple and Pear

Week 4				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies, multi grain hoops and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Sweet Potato, Spinach and Chickpea Curry with Cous Cous	Cottage Pie with Swede and Potato Top	Indian Fish Pilaf	Chicken and Vegetable Pie and Seasonal Vegetables	Herby Pork Meatballs with Vegetable Orzo
	Gardeners Pie with Swede and Potato Top	Indian Vegetable and Bean Pilaf	Quorn and Vegetable Pie	Vegetarian Meatballs with Orzo
Pudding				
Fruit Salad	Yoghurt	Banana and Custard	Coconut Rice Pudding	Yoghurt
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Chefs Soup and Homemade Bread	Italian Vegetable Bake	Cheesy Crumpets and Veg Sticks	Jaloff Rice	Vegetable muffins with Wedges
Pudding				
Pineapple	Apple	Melon	Carrot and Date Cake	Oranges