








Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Bread fingers & Hummus		Mixed vegetable & Herb dip with softened Vegetable sticks		Softened Vegetables batons 
Lunch	Creamy hidden veggie pasta bake Vegetable Sticks	Creamy chicken curry Rice & Softened Vegetables	Fish Pie topped with mash potato & served with seasonal vegetables	Lemon & herb chicken Sweet Potatoes & Vegetable tray bake	Quorn Bolognese Wholewheat spaghetti, garlic bread & Peas
Pudding		Yogurt & Pureed apple		Fresh fruit & Yogurt	
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Softened Vegetable batons & Tzatziki		Softened Vegetable batons	
Tea	Mini Mezza Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	 Beans on toast fingers served with cheese	Skinless Jazzy Jackets (Ham, cheese, Tomato)	Tuna and sweetcorn muffin melt fingers	Spinach and Cheese Pastry Puffs served with Softened Vegetable sticks
Pudding	Fresh fruit & Yogurt		Seasonal fresh fruit salad		Yogurt & Banana Batons








Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Softened vegetable batons		Softened Vegetables batons	
Lunch	Shepherds Pie Mash and seasonal vegetables	 Macaroni Cheese with Garlic bread & seasonal vegetables	 Turkey Meatballs Served in a tomato sauce with spaghetti and seasonal Vegetables	Vegetable Biryani Serve with raita and Naan bread dippers	Sweet & sour chicken Noodles and stir-fry vegetables
Pudding	Fresh Fruit salad		Yogurt & Fruit coulis		Frozen Strawberry & Banana yogurt
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Softened Vegetable batons		Softened Vegetable batons		softened vegetable batons
Tea	Ham & Cheese sandwich fingers	Finger Sandwich Selection (egg mayo, cheese, cucumber)	 Pizza Muffins fingers (Ham, tomato, sweetcorn)	Mini Vegetable and Cheese Scones Served with vegetable sticks	Ploughman's Picnic (Bread fingers, cheese sticks, ham & Hummus)
Pudding		Yogurt & Fresh fruit		Yogurt and pureed apple	





Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter	Softened Vegetable Batons		Softened Vegetable batons		softened Vegetables batons
Lunch	 Fish Fingers Mash potato & Baked Beans	Mild Beef Chilli Brown rice & Sweetcorn	 Vegetable Lasagne Garlic bread and peas	Chicken and pea risotto Softened Vegetables	Roasted Quorn Potatoes, Seasonal Vegetables & Gravy
Pudding		Fresh fruit & Yogurt		Yogurt & summer berry coulis	
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Softened Vegetable batons		Softened Vegetable batons	
Tea	Cheese & Tomato puff pinwheels served with softened vegetable sticks	Wrap Selection (Cheese, ham, egg) served with softened vegetable sticks	Mini Mezze Platter (Falafel, soft Vegetable batons, pitta dippers, grated cheese, dips)	Jazzy Jackets Tuna and cheese	 Beans on Toast Served with cheese
Pudding	Fresh fruit salad		Fresh fruit & Yogurt		Banana batons

