









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	Breadsticks & Hummus		Mixed vegetable & Herb dip with Vegetable sticks		Corn on the Cob
Lunch	Creamy hidden veggie pasta bake Vegetable Sticks	 Creamy chicken curry Rice & Seasonal 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		No added sugar Berry Cheesecake		Yogurt & Fresh fruit	
Afternoon Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Starter		Vegetable batons & Tzatziki		Rice Cakes & Hummus	
Tea	Mini Mezza Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	 Beans on wholemeal toast served with cheese	Jazzy Jackets (Ham, cheese, Tomato)	Tuna and sweetcorn muffin melts	Spinach and Cheese Pastry Puffs served with 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		Corn on the Cob		Apple & Cheese Sticks	
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	Bread Sticks & Hummus		Apple & Cheese Sticks		Vegetable batons & Tzatziki
Tea	Ham & Cheese Pitta Pockets Served with vegetable sticks	Sandwich Selection (egg mayo, cheese & cucumber)	 Pizza Muffins (Ham, tomato, sweetcorn)	Mini Vegetable and Cheese Scones Served with vegetable sticks	Ploughman's Picnic (crackers, cheese sticks, apple slices, ham & Hummus)
Pudding		Yogurt & Fresh fruit		Banana Bread	





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	Corn on the Cob		Vegetable batons & Hummus		Mixed vegetable & Herb dip with breadsticks
Lunch	 Fish Fingers Mash potato and baked beans	Mild beef Chilli Brown rice & Sweetcorn	 Vegetable Lasagne Garlic bread and peas	Chicken and Pea Risotto Seasonal Vegetables	Roasted Quorn Potatoes, Seasonal Vegetables and gravy
Pudding		Yogurt & Fresh fruit		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		Apple & Cheese Sticks		Vegetable batons & sour cream chive	
Tea	Cheese & Tomato puff pinwheels served with vegetable sticks	Wrap Selection (Cheese, ham, egg) served with vegetable sticks	Mini Mezze Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)	Jazzy Jackets Tuna, cheese and Cucumber	 Beans on Toast Served with cheese
Pudding	Fresh fruit salad		Fresh fruit & Yogurt		Banana, carrot & sultana muffins

