



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
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**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.

<b>Starter</b>	Breadsticks & Hummus		Mixed vegetable & Herb dip with Vegetable sticks		Corn on the Cob
<b>Lunch</b>	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
<b>Pudding</b>			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.

<b>Starter</b>		Vegetable batons & Tzatziki		Rice Cakes & Hummus	
<b>Tea</b>	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
<b>Pudding</b>	Fresh fruit & Yogurt		Seasonal fresh fruit salad		Yogurt & Banana Batons



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



A favourite recipe suggested by our families



Meat-free recipe



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Bar -</b> A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
<b>Morning Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>	Corn on the Cob		Vegetable batons & Hummus		Mixed vegetable & Herb dip with breadsticks
<b>Lunch</b>	 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
<b>Pudding</b>		Yogurt & Fresh fruit		Yogurt & summer berry coulis	
<b>Afternoon Snack Bar -</b> Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
<b>Starter</b>		Apple & Cheese Sticks		Vegetable batons & sour cream chive	
<b>Tea</b>	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
<b>Pudding</b>	Fresh fruit salad		Fresh fruit & Yogurt		Banana, carrot & sultana muffins



A favourite recipe suggested by our families



Meat-free recipe