|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK 1** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit |
| **Mid-morning snack** | Breadsticks and hummus | Fruit bread fingers | Wholemeal toast and spread | Pitta fingers with cream cheese | Banana slices |
| **Lunch** | Lemon chicken wrap with lettuce and cucumber | Broccoli and potato bake with carrots | Lamb Mousakka with garlic bread and salad | Pork ragu with new potatoes and vegetables | Bean and veggie sausage wholemeal pasta bake with lettuce & tomato salad |
| Seasonal fruit salad | Rhubarb fool | Pineapple upside down pudding with custard | Blueberry sponge cake | Plain Greek yogurt with raspberry puree |
| **Mid-afternoon snack** | pineapple | Sliced grapes | chopped apple | Malt Loaf Fingers | Cucumber and carrot sticks |
| **Tea** | A selection of sandwiches and salad sticks | Fish fingers and spaghetti hoops | Pasta with tomato sauce | Sausage rolls and beans | A selection of sandwiches and salad sticks |
| Fruit fromage frais | Angel delight | banana | Digestive biscuit | shortbread |

**Drinks: A choice of milk and water to be offered at snack times.**

**Water with lunch and tea.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK 2** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit |
| **Mid-morning snack** | watermelon | Wholemeal toast with spread | banana | Bagel with spread | Malt loaf with spread |
| **Lunch** | BBQ chicken with new potatoes and vegetables | Beef and Spinach Curry with white rice and naan | Steamed cod in tomato sauce with cous cous and green beans | Lentil and broccoli pasta with sweetcorn | Turkey meatballs with spaghetti |
| Lemon and sultana cake | Seasonal fruit salad | Rice pudding | Jelly and ice cream | Peach fool ripple |
| **Mid-afternoon snack** | Sliced grapes | Rice cakes | Cucumber and carrot sticks | Sliced pear | Nectarine slices |
| **Tea** | A selection of sandwiches with salad sticks | Beans on toast | English muffin and spaghetti hoops | Pizza & salad sticks | A selection of sandwiches with salad sticks |
| Digestive biscuit | Flapjack | Angel delight | Seasonal fruit | Banana |

**Drinks: A choice of milk and water to be offered at snack times.**

**Water with lunch and tea.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK 3** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit |
| **Mid-morning snack** | banana | Pitta sticks with tzatziki | melon | Wholemeal toast with spread | Pear and apple |
| **Lunch** | Beef Stroganoff with white rice | Gammon with parsley sauce, new potatoes and broccoli | Sausage and vegetable casserole with peas and carrots | Fajita chicken wraps | Cheese & vegetable pie with roast potatoes and vegetables |
| Banana buns | Strawberries and natural yogurt | Fruit salad | Creamy apricot dessert | Summer crumble and custard |
| **Mid-afternoon snack** | Rice cakes | Cucumber and carrot sticks | Cream cracker with spread | Pepper sticks | Rice cakes |
| **Tea** | Cheese on crumpets | Pizza and salad sticks | Bagels with cheese/ham | Pasta with tomato sauce | A selection of sandwiches and salad sticks |
| Digestive biscuits | Fruit fromage frais | Shortbread | Sliced grapes | Ice cream |

**Drinks: A choice of milk and water to be offered at snack times.**

**Water with lunch and tea.**