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| --- | --- | --- | --- | --- | --- |
| **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 dip | Fruit bread fingers | Wholemeal toast and spread | Pitta fingers with cream cheese | Banana slices |
| **Lunch** | Thai chicken curry with white rice | Lamb Mousakka with garlic bread and salad | Pork ragu with new potatoes and vegetables | Salmon and pea risotto | Bean and veggie sausage wholemeal pasta bake |
| Seasonal fruit salad | Rhubarb fool | Pineapple upside down pudding with custard | Blueberry sponge cake | Plain Greek yogurt with raspberry puree |
| **Mid-afternoon snack** | Cheese sticks and sliced tomatoes | Sliced grapes | Raisins and chopped apple | Malt Loaf Fingers | Cucumber and carrot sticks with cream cheese |
| **Tea** | Wraps with a selection of fillings and salad sticks | Fish fingers and spaghetti hoops | Pasta with tomato sauce | Filled pitta pockets | A selection of sandwiches and salad sticks |
| Fruit fromage frais | Angel delight | banana | Digestive biscuit | Fruit fromage frais |

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

**Water with lunch and tea.**

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| **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** | Seasonal fruit | Wholemeal toast with spread | Rice cakes | 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 | Vegetable and red lentil curry with brown rice | Turkey meatballs with spaghetti |
| Lemon and sultana cake | Seasonal fruit salad | Rice pudding and raspberries | Jelly and ice cream | Peach fool ripple |
| **Mid-afternoon snack** | Melon | Oatcakes and spread | Cucumber and carrot sticks | Crackers and tzatziki | Nectarine slices |
| **Tea** | Wraps with a selection of fillings and salad sticks | Beans on toast | A selection of sandwiches with salad sticks | Pizza | 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.**

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| **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** | Melon | Pitta sticks with tzatziki | Bagel with spread | Wholemeal toast with spread | Pear and apple |
| **Lunch** | Beef Stroganoff with white rice | Pasta primavera with garlic bread | Gammon with parsley sauce, new potatoes and broccoli | Cod, potato and spinach curry with cous cous | Chicken and 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** | Raisins | Cucumber sticks and sliced tomatoes | Oatcake with spread | Fruit bread fingers | Rice cakes |
| **Tea** | Cheese on crumpets | Pizza and salad sticks | English muffin with cheese | 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.**