



<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	A choice of Cereals and Oats with Whole/Dairy Free Milk, Wholemeal Toast and Fresh Fruit				
<b>Morning Snack</b>	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
<b>Lunch</b>	Beef Bolognese with Mushrooms and Peppers served with Wholemeal Pasta	Bean Burger with Potato Wedges and Green Peas	Chicken Supreme with Rice and Seasonal Vegetables	Jacket Potato with Ratatouille and Mozzarella	Baked Fish with Baby Potatoes and Green Beans
<b>Dessert</b>	Chocolate Muffins	Fruit Chai Pudding	Fruit and Seeds Flapjack	Semolina Pudding and Fruit Compote	Fruit Sorbet with Mixed Berries
<b>Afternoon Snack</b>	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
<b>Afternoon Tea</b>	Roasted Butternut Squash Soup with Toast	Baked chicken and Vegetable Cous Cous Salad	Chickpea and Sweetcorn Wholemeal Pasta in Moroccan Sauce	Tune Wraps with Sweetcorn and Crunchy Salad	Tacos with Chicken and Mango Mint Mayo
<b>Dessert</b>	Stewed Fruit and Yoghurt	Rice Pudding and Sultanas	Fruit Plate	Oat Biscuit with Custard	Rice Krispie Cakes



<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	A choice of Cereals and Oats with Whole/Dairy Free Milk, Wholemeal Toast and Fresh Fruit				
<b>Morning Snack</b>	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
<b>Lunch</b>	Turkey Medallions with Sweet Potato Mash and Green Beans	Broccoli and Lentil Pasta	Baked Chicken with Roasted Sweet Potatoes and Broccoli	Homemade Vegetable Quiche	Fishcake with Green Beans and Carrots
<b>Dessert</b>	Ginger Biscuit and Fromage Frais	Banoffee Pie	Fruit Jelly and Frozen Yoghurt	Apple and Cherry Crumble	Fruit Jelly and Sliced Apples
<b>Afternoon Snack</b>	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
<b>Afternoon Tea</b>	Tuna and Sweetcorn Pasta Salad	Bean and Vegetable Enchilada	Cauliflower and Cheddar Soup	Chicken Wraps with Fresh Salad	Savoury Omelette
<b>Dessert</b>	Fruit Salad	Fresh Fruit with Natural Yoghurt	Shortbread Biscuit	Fruit Muesli Bars	Carrot Cake



<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	A choice of Cereals and Oats with Whole/Dairy Free Milk, Wholemeal Toast and Fresh Fruit				
<b>Morning Snack</b>	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
<b>Lunch</b>	Turkey Burger with Potato Wedges and Sugar Snaps Salad	Tuna Pasta Bake with Broccoli and Sweetcorn	Roast Beef with Roasted Potatoes and Carrots	Vegetable Stir Fry with Rice	Fish Pie with Sweetcorn and Green Peas
<b>Dessert</b>	Fruit Salad with Frozen Yoghurt	Chocolate Sponge with Vanilla Custard	Mixed Fruit Crumble	Semolina with Fruit Compote	Rhubarb Tart with Custard
<b>Afternoon Snack</b>	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
<b>Afternoon Tea</b>	Cheese and Spring Onion Quiche with Salad	Baked Potato with Cheese	Quorn and Vegetable Cous Cous Salad	Pork Sausage in Crusty Roll and Salad	Carrot and Coriander Soup with Wholemeal Roll
<b>Dessert</b>	Carrot Cake	Rice Pudding and Peach Compote	Fresh Fruit Plate	Chocolate Chip Muffins	Sorbet and Fruits