

# WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpets with Non-Dairy Spread and Cup of Whole Milk				
<b>MORNING SNACK</b>	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
<b>LUNCH</b>	Cauliflower and Broccoli Pasta Bake served with Seasonal Salad	Chicken Curry served with Couscous	Chef's Roast of the Day served with Seasonal Vegetables	Surbiyaan Lamb served with New Potatoes and Spinach	Cod Goujons served with Mashed Potato, Peas and Carrots
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
<b>AFTERNOON SNACK</b>	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
<b>TEA</b>	Jacket Potatoes with Chilli served with Seasonal Salad	Tuna Fish Cakes served with Seasonal Salad	Cheese and Onion Twists served with Vegetable Sticks	Macaroni Cheese served with Carrots and Sweetcorn	Omelette Muffins
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

# WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpets with Non-Dairy Spread and Cup of Whole Milk				
<b>MORNING SNACK</b>	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
<b>LUNCH</b>	Lentil, Potato and Spinach Curry served with Naan Bread	Potato Topped Fish Pie served with Runner Beans	Roast Chicken served with Potatoes and Seasonal Vegetables	Shepherdess Pie served with Seasonal Vegetables	Hungarian Beef Goulash served with Rice
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
<b>AFTERNOON SNACK</b>	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
<b>TEA</b>	Wholemeal Pitta Ham and Pepper Pizza served with Seasonal Salad	Mexican Bean and Cheese Wrap served with Vegetable Sticks	Chef's Soup of the Day served with Crusty Wholemeal Bread	Roast Vegetable and Red Lentil Pasta served with Seasonal Salad	Homemade Cheese Flatbread with Mushroom and Tomato with a Boiled Egg
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

# WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpets with Non-Dairy Spread and Cup of Whole Milk				
<b>MORNING SNACK</b>	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
<b>LUNCH</b>	Vegetable Moussaka served with Carrots	Cheese and Tomato Topped White Fish with Ratatouille and Sweet Potatoes	Chilli Con Carne served with Potato Wedges	Roast Chicken served with Root Vegetables	Vegetable Lasagne served with Seasonal Vegetables
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
<b>AFTERNOON SNACK</b>	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
<b>TEA</b>	Cheese and Ham Pasta served with Seasonal Salad	Jacket Potatoes with Various Toppings	Muffin Pizzas with Various Toppings	Tomato Pasta and Cannellini Bean Primavera	Fish and Pea Cakes served with Seasonal Salad
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

# WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpets with Non-Dairy Spread and Cup of Whole Milk				
<b>MORNING SNACK</b>	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
<b>LUNCH</b>	Roast Salmon served with Noodles and Vegetables	Beef Lasagne served with Garlic Bread and Peas	Chicken Korma served with Cauliflower and Rice	Potato Topped Fish Pie served with Carrots	Veggie Meatballs served with Spaghetti and a side of Broccoli
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
<b>AFTERNOON SNACK</b>	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
<b>TEA</b>	Mixed Bean Chilli served with Jacket Potato	Vegetable Soup with Croutons	Homemade Ham or Cheese Flatbread served with Seasonal Salad	Macaroni Cheese with Green Beans	Tuna Fishcakes with Vegetable Sticks
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				