

WEEK ONE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Oatmeal Full Fat Milk Wholemeal Toast Banana Slices	Breakfast Cheerios Full Fat Milk Wholemeal Toast Sliced Apple	Breakfast Weetabix Full Fat Milk Wholemeal Toast Watermelon Slices	Breakfast Shreddies Full Fat Milk Wholemeal Toast Sliced Pear	Breakfast Rice Krispies Full Fat Milk Wholemeal Toast Orange Slices
Morning Snack Homemade Houmous Carrot Sticks Whole Milk/Water	Morning Snack Plain Savoury Crackers Grated Cheddar Whole Milk/Water	Morning Snack Cucumber Sticks English Muffins Whole Milk/Water	Morning Snack Sliced Tomato Pepper Slices Homemade Beetroot Dip Whole Milk/Water	Morning Snack Bread Sticks Homemade Tuna Dip Whole Milk/Water
Lunch Lean Minced Beef in a Tomato and Basil Sauce Wholemeal Pasta Broccoli Milk Pudding & Peaches Water	Lunch Chicken and Pearl Barley Hot Pot Cauliflower Spicy Banana Bread Water	Lunch Roast Turkey and Gravy New Potatoes Swede and Carrots Yorkshire Pudding Fresh Seasonal Fruit Platter Unsweetened Yoghurt Water	Lunch Bean and Veggie Sausage Bake Chickpea and Date Couscous Roast Parsnips Fruit Oat Crumble Custard Water	Lunch Fish Pie Garden Peas Fatless Sponge Muffins Strawberries Water
Tea Jacket Potato Low Salt and Sugar Baked Beans and Cheese Unsweetened Yoghurt Fresh Fruit Whole Milk	Tea Wholemeal Wrap Fish Fingers Garden Peas Mayo Trio Fresh Fruit Whole Milk	Tea Tomato Basil Quorn Chicken Pasta Bake Sweetcorn Fruit Scone Whole Milk	Tea Tuna Sandwiches Cheese Wholegrain Crackers Seasonal Fresh Fruit Platter Whole Milk	Tea Omelette Spaghetti Hoops Peach Ripple Fool Whole Milk

V - Vegetarian | VG - Vegan | GF - Gluten Free

WEEK TWO MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Weetabix Full Fat Milk Wholemeal Toast Watermelon	Breakfast Oatmeal Full Fat Milk Wholemeal Toast Banana Slices	Breakfast Rice Krispies Full Fat Milk Wholemeal Toast Orange Slices	Breakfast Cheerios Full Fat Milk Wholemeal Toast Sliced Apple	Breakfast Cornflakes Full Fat Milk Wholemeal Toast Sliced Apple
Morning Snack Plain Savoury Crackers Grated Cheddar Whole Milk/Water	Morning Snack Boiled Egg Carrot Sticks Whole Milk/Water	Morning Snack Breadsticks Homemade Houmous Whole Milk/Water	Morning Snack English Muffins Sliced Tomato Whole Milk/Water	Morning Snack Sliced Peppers Sliced Cucumber Whole Milk/Water
Lunch Lentil, Potato and Spinach Curry Brown Rice Garden Peas Passion Cake Squares Strawberries and Unsweetened Yoghurt	Lunch Lasagne with Wholemeal Pasta Broccoli Peach Fool Ripple Water	Lunch Creamy Chicken Hotpot Savoury Cabbage Bread and Butter Pudding and Custard Water	Lunch Chilli Con Carne Couscous Cauliflower Rice Pudding and Mandarin Oranges Water	Lunch Fish Fillets New Potatoes Mixed Vegetables Homemade Tomato Sauce Seasonal Fresh Fruit Water
Tea Muffin Pizza Homemade Colesaw Pineapple Fingers Whole Milk	Tea Macaroni Cheese and Ham Garlic Bread Fruit Scone Whole Milk	Tea Sliced Turkey New Potatoes Mixed Vegetables Unsweetened Yoghurt Strawberries Whole Milk	Tea Sausage Casserole Yorkshire Pudding Watermelon Whole Milk	Tea Jacket Potato Baked Beans Grated Cheddar Flapjack Whole Milk

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WEEK THREE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Shreddies Whole Milk Wholemeal Toast Sliced Apple	Breakfast Rice Krispies Whole Milk Wholemeal Toast Sliced Pear	Breakfast Oatmeal Whole Milk Wholemeal Toast Satsumas	Breakfast Cornflakes Whole Milk Wholemeal Toast Melon	Breakfast Weetabix Whole Milk Wholemeal Toast Sliced Banana
Morning Snack English Muffins Grated Cheese Whole Milk/Water	Morning Snack Breadsticks Homemade Beetroot Dip Whole Milk/Water	Morning Snack Watermelon Whole Milk/Water	Morning Snack Tea Bread Strawberries Whole Milk/Water	Morning Snack Savoury Crackers Homemade Tuna Dip Whole Milk/Water
Lunch Chicken and Vegetable Casserole New Potatoes Swede Fresh Fruit Platter Water	Lunch Spaghetti and Meatballs with a Hidden Veg Tomato Sauce Apple and Sultana Flapjack Square Water	Lunch Lamb and Chickpea Tagine Couscous Carrot Fingers Ice Cream and Peaches	Lunch Beef Stew with a Sweet Potato Topping Broccoli Pancakes with Pineapple and Unsweetened Greek Yoghurt	Lunch Salmon and Tuna Fish Cakes Roast Potatoes Sweetcorn Rice Pudding and Berries
Tea Vegetable Fingers Homemade Wedges Low Sugar/Salt Baked Beans Pancakes and Fresh Fruit Whole Milk	Tea Butternut Squash and Lentil Soup Wholemeal Roll Sliced Fruit Whole Milk	Tea Jacket Potato Grated Cheddar Cheese Banana Bread Whole Milk	Tea Omelette Garden Salad Sweetcorn Unsweetened Yoghurt Soreen Bread Whole Milk	Tea Selection of Sandwiches in Wholemeal Bread Cheese Scones Fresh Fruit Whole Milk

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