



Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8AM-9AM	Cereal and Fruit	Wholemeal Toast and Fruit	Cereal and Fruit	Wholemeal Toast and Fruit	Cereal and Fruit
Mid-Morning Snack 10AM-1030AM	Apples and Breadstick	Oatcake and Pear	Cream Cheese and Vegetable Sticks	Naan Bread and Grapes	Banana and Breadstick
Lunch 12PM-1230PM	Homemade Fish Fingers, Mash, Carrots and Peas	Sausage with Carrot and Swede Mash and Gravy	Chicken, Rice and Courgettes	Carbonara with Peas	Jacket Potatoes with Tuna and Cucumber
Mid-Afternoon Snack 2PM-230PM	Peach and Rice Cake	Breadsticks and Raisins	Banana and Oatcake	Pineapple and Rice Cake	Cream cheese and Vegetable Sticks
Tea/Dinner 430PM-5PM	Macaroni Cheese with Broccoli	Chicken Goujons with salad and dressing	Garlic Bread with Cheese, Ham and Sweetcorn	Beef Lasagne with peppers	Pizza with Sweetcorn and baby tomatoes
Dessert	Yoghurt	Fruit salad and Yoghurt	Yoghurt	Yoghurt	Fruit Salad and Yoghurt
Late Snack 5.30pm-6pm	Wholegrain Toast and fruit	Malt Loaf	Fruit and Cheese	Marmite Bagel	Oatcakes and Raisins



Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8AM-9AM	Toast and Fruit	Cereal and Fruit	Toast and Fruit	Cereal and Fruit	Toast and Fru
Mid-Morning Snack 10AM-1030AM	Banana and Breadsticks	Oatcake and Apple	Pears and Breadstick	Cream Cheese and Vegetable Sticks	Oranges and Ricecake
Lunch 12PM-1230PM	Macaroni Cheese and Broccoli and Peas	Sausage with Carrot and Swede Mash and Gravy	Beef/Quorn Lasagne with Peppers	Sausage Pasta with Carrots	Ham and Cheese Pizza with Sweetco
Mid-Afternoon Snack 2PM-230PM	Naan Bread and Grapes	Pears and Ricecake	Oatcake and Cheese	Pineapple and Ricecake	Veg Sticks an Cream chees
Tea/Dinner 430PM-5PM	Fishpie with Sweetcorn	Tuna Pasta with Green Beans	Home made Fish Fingers and Peas	Chicken in Wraps with Peppers	Jacket Potato with Tuna, Ba Tomatoes
Dessert	Fruit Salad	Yoghurt	Greek Yoghurt and Fruit	Yoghurt	Greek Yoghur and Fruit
Late Snack 5.30pm-6pm	Malt Loaf	Oatcakes and Raisins	Toast and Marmite	Wholegrain Toast and fruit	Toast and frui



Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8AM-9AM	Wholemeal Toast and Fruit	Cereal and Fruit	Wholemeal Toast and Fruit	Cereal and Fruit	Wholemeal Toast and Fru
Mid-Morning Snack 10AM-1030AM	Cream Cheese and Vegetable Sticks	Toast and Marmite	Sultana and Rice cake	Cheese and Grapes	Banana and Breadsticks
Lunch 12PM-1230PM	Beef Lasagne with Peppers	Carbonara with Sweetcorn	Sausage, Sweet Potato Chips with Peas	Spaghetti Bolognese with Peppers and Tomatoes	Jacket Potato with Sugar Snap peas ar Cheese
Mid-Afternoon Snack 2PM-230PM	Peaches and Oatcake	Carrots and Cucumber	Carrot Sticks and Cream Cheese	Satsuma and Breadsticks	Apples and Pears
Tea/Dinner 430PM-5PM	Stir Fry Noodles with Spinach	Chicken Goujons, Baby Potatoes and Carrots	Garlic Bread with Ham, Cheese and Cucumber	Fishcake, Chips and Broccoli	Pizza with Ham, Tomato and Cucumbe
Dessert	Greek Yoghurt and Fruit	Yoghurt	Greek Yoghurt and fruit	Yoghurt	Fruit Salad
Late Snack 5.30pm-6pm	Toasted Bagel	Wholegrain Toast and fruit	Malt Loaf	Oatcakes and Raisins	Whole Grain Toast and fruit