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Week One

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Fresh drinking water is available all day.**  **Meals served with a choice of water or milk.** | **Breakfast** | **Morning Snack** | **Lunch** | **Afternoon Snack** | **Tea** |
| **Monday** | Choice of cereal, toast or crumpets | Bagels topped with banana & cinnamon | Spaghetti Carbonara  Fresh Pineapple Slices | Make your own watermelon Pizza | Cheese & ham panini |
| **Tuesday** | Choice of cereal, toast or crumpets | Apple & pears | Moussaka.  Strawberries | Cheese & cucumber sticks | Sweet potato and broccoli Quiche |
| **Wednesday** | Choice of cereal, toast or crumpets | Cranberry oatmeal slice | Naan bread  Sweet potato & chickpea curry | Carrot & cucumber crudites with garlic mayonnaise dip | Selection of finger sandwiches |
| **Thursday** | Choice of cereal, toast or crumpets | Oranges & apples | White fish, potato wedges & garden peas | Creamed cheese rice cakes | Mozzarella topped garlic bruschetta |
| **Friday** | Choice of cereal, toast or crumpets | Oatie mango smoothie | Three bean chilli with spinach & rice.  Yoghurt | Breadsticks with guacamole | Toasted cheese & tomato flatbread |

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|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Fresh drinking water is available all day.**  **Meals served with a choice of water or milk.** | **Breakfast** | **Morning Snack** | **Lunch** | **Afternoon Snack** | **Tea** |
| **Monday** | Choice of cereal, toast or crumpets | Granola & yoghurt | Sausages, mashed potatoes, mixed vegetables & gravy.  Bunny apple tart | Cheese and pineapple sticks | Vegetable fried rice |
| **Tuesday** | Choice of cereal, toast or crumpets | Bagels topped with smashed avocado | Broccoli & cheese macaroni bake.  Yoghurt | Oatmeal pineapple smoothie | Quorn southern chicken with minted yoghurt |
| **Wednesday** | Choice of cereal, toast or crumpets | Oranges & pears | Mini beef sliders with crispy slaw.  Strawberries | Breadsticks with humus | Selection of wholemeal wraps |
| **Thursday** | Choice of cereal, toast or crumpets | Oatmeal blueberry smoothie | Gnocchi, ragu sauce & sweetcorn.  Fresh pineapple slices | Peppers, tomatoes & carrot sticks with a garlic mayonnaise dip | Pitta bread, grated carrot, and creamed cheese |
| **Friday** | Choice of cereal, toast or crumpets | Strawberries & banana | Fish pie with mixed vegetables.  Yoghurt | Crackers with cream cheese | Vegetable Samosa |

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Week Three

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Fresh drinking water is available all day.**  **Meals served with a choice of water or milk.** | **Breakfast** | **Morning Snack** | **Lunch** | **Afternoon Snack** | **Tea** |
| **Monday** | Choice of cereal, toast or crumpets | Banana smoothie | Tomato & cheddar penne pasta  Yoghurt | Oven baked pretzels with tomato salsa dip | Egg on wholemeal toast |
| **Tuesday** | Choice of cereal, toast or crumpets | Toasted muffin fingers with red pepper humus | Salmon & dill fishcakes with carrots & peas  Yoghurt apple slices | Cucumber, carrot & pepper fingers | Tomato & basil soup with croutons |
| **Wednesday** | Choice of cereal, toast or crumpets | Strawberries & pineapple | Garlic bread  Lasagne | Blueberry smoothie | Spaghetti hoops on wholemeal toast |
| **Thursday** | Choice of cereal, toast or crumpets | Cranberry oatie slice | Roasted garlic & rosemary chicken with new potatoes & mixed vegetables.  Sugar free jelly | Make your own watermelon pizza | Homemade pizza with a choice of toppings |
| **Friday** | Choice of cereal, toast or crumpets | Oranges & pear | Shepherds pie with mixed vegetables.  Dairy free rice pudding | Breadsticks with humus | Selection of finger sandwiches |

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Week Four

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Fresh drinking water is available all day.**  **Meals served with a choice of water or milk.** | **Breakfast** | **Morning Snack** | **Lunch** | **Afternoon Snack** | **Tea** |
| **Monday** | Choice of cereal, toast or crumpets | Melon & pears | Tuna pasta bake  Strawberries | Crackers & cheese | Cheese & tomato panini |
| **Tuesday** | Choice of cereal, toast or crumpets | Mango smoothie | Corned beef pie with vegetables.  Yoghurt | Cheese and pineapple sticks | Vegetable risotto |
| **Wednesday** | Choice of cereal, toast or crumpets | Cheesy oatcakes with cherry tomatoes | Sweet & sour chicken with rice.  Sugar free carrot cake | Bagels topped with smashed avocado | Selection of wholemeal wraps |
| **Thursday** | Choice of cereal, toast or crumpets | Apple & watermelon | Garlic flatbread  Chickpea fritters with cous cous & mint yoghurt dip | Peppers, tomatoes & carrot sticks with a garlic mayonnaise dip | Beans on toast with cheddar cheese |
| **Friday** | Choice of cereal, toast or crumpets | Bananas & oranges | Chicken chasseur, new potatoes & broccoli | Rice cakes with creamed cheese | Omelette with a choice of filling |