

Week One

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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 | Bagels topped with banana & cinnamon | Spaghetti CarbonaraFresh 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 breadSweet 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 |



Week Two

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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 |



Week Three

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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 | Banana smoothie | Tomato & cheddar penne pastaYoghurt | 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 & peasYoghurt apple slices | Cucumber, carrot & pepper fingers | Tomato & basil soup with croutons |
| **Wednesday** | Choice of cereal, toast or crumpets | Strawberries & pineapple | Garlic breadLasagne | 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 |



Week Four

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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 | Melon & pears | Tuna pasta bakeStrawberries | 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 flatbreadChickpea 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 |