

WEEK 1	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	TEA
MON	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Melba Toast & Soft Cheese with sliced Bananas, Pears and Peppers	Tofu & Butternut Squash Risotto Sliced Red Grapes	Breadsticks with sliced Apples	White Beans, Kale & Chorizo Soup served with Homemade Potato Bread Sliced Bananas & Blueberries
TUE	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Breadsticks with Tzatziki dip & sliced Cucumber with Mandarin and sliced Apples	Spaghetti Meatballs in Tomato Sauce Caramelised Bananas	Rice Cakes with Cream Cheese & Raisins	Goat cheese Bruschetta Mandarin Segments
WED	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Corn Cakes and Organic Hummus with sliced Pears, Carrots and Bananas	Creamy baked Haddock and Tatties Strawberry Mousse	Oatcakes and sliced Bananas	Chicken Casserole served with Dumplings Cantaloupe Melon
THU	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Oatcakes with Cream Cheese, Apples, Celery and Raisins	Asian fried Pork Rice Coconut Cupcake	Cracker Bread with Cottage Cheese & Satsumas	Tuna & Sweetcorn Sandwich Sliced Pears
FRI	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Cream Crackers & Cottage Cheese with Mandarin, Cucumber and Pears	Parsnip and Potato Gratin Fruit Salad	Rice Cakes & Raisins	Mini Shell Pasta in a Creamy Smoked Bacon Sauce Watermelon

WEEK 2	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	TEA
MON	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Multigrain Cracker & Soft Cheese with sliced Bananas, Pears and Peppers	Chicken & Chorizo Paella Grapes	Rice Cakes & Raisins	Double cooked Potatoes with Baked Beans Pears and Raisins
TUE	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Breadsticks with Tzatziki dip & sliced Carrot with Mandarin and sliced Apples	Vegetable Lasagna Natural Yoghurt & Granola	Oatcakes with Cream Cheese & Carrot batons	Ham & Cheese Sandwich Passion Fruit Jelly
WED	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Corn Cakes and Butter with sliced Pears, Peppers and Bananas	Slow cooked Beef and Sweet Potato Stew Strawberries and Kiwi	Breadsticks served with Mandarin Segments	Minestrone Soup Banana Cake
THU	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Oatcakes with Cream Cheese, Pear, Celery and Raisins	Bulgur Wheat with Roasted Vegetables Pomegranate Jelly	Melba Toast with Cottage Cheese and sliced Pears	Chicken Noodle Soup with mixed Vegetables and Croutons Melon
FRI	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Cracker Bread & Organic Hummus with Mandarin, Cucumber and Pears	Shepherd's Pie Apricot Mousse	Corn cakes with sliced pears	Spanish Omelette Tropical Smoothie

WEEK 3	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	TEA
MON	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Rice Cakes & Organic Hummus with sliced Bananas, Pears and Peppers	Cauliflower & Broccoli Macaroni Bake Blueberries and Grapes	Breadsticks with sliced Apples	Fish Fingers with Steamed Vegetables Melon
TUE	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Breadstick with Tzatziki dip & sliced Cucumber with Satsuma and sliced Apples	Chicken Korma served with Basmati Rice Strawberry & Banana Oats Bar	Oatcakes and sliced Pears	Zucchini Frittata Satsuma Segments
WED	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Corn Cakes with sliced Pears, Carrots and Bananas	Creamy Polenta with Bolognese Sauce Fruity Flag Tray bake	Rice Cakes with Cream Cheese & Raisins	Linguine Verdi with Parmesan Cheese Strawberry and Banana
THU	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Oatcakes with Cream Cheese, Apples, Celery and Raisins	Oriental Egg Fried Rice Homemade Orange Jelly	Melba Toast with Cottage Cheese and sliced Pears	Chicken and Sweetcorn Pie Homemade Blackberry Yoghurt
FRI	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Cream Crackers & Cottage Cheese with Mandarin, Cucumber and Pears	Roast Beef with Vegetables and mini Yorkshire Puddings Fruit Salad	Cracker Bread with Cream Cheese	Oven Toasted Bagels with Cherry Tomatoes, Cucumber and Cheese Healthy Carrot Cake Granola Bars

WEEK 4	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	TEA
MON	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Multigrain Cracker & Soft Cheese with sliced Bananas, Pears and Peppers	Sweetcorn & Spring Onion Risotto Organic Yoghurt & Black Cherry Jam	Oatcakes with Cottage Cheese and Grapes	Jacket Potato with Bacon and Cheese Sauce Sliced Green Grapes
TUE	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Breadsticks with Tzatziki dip & sliced Carrots with Mandarin and sliced Apples	Light Herbed Sausages with Mash and Onion Gravy Lychee Jelly	Cracker Bread and Mandarin Segments	Vegetable Pie Banana & Blueberries
WED	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Corn Cakes and with sliced Pears, Peppers and Bananas	Beef Stroganoff served with Farfalle Pasta Mangoes & Pears	Breadsticks with Organic Hummus and sliced Apples	Chicken, Tomato and Cucumber Sandwich Goji Berry Flapjack
THU	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Oatcakes with Cream Cheese, Pears, Celery and Raisins	Broccoli, Cherry Tomatoes and Spinach Pesto Pasta Lemon Cupcake	Melba Toast with Cottage Cheese and sliced Pears	Beef Goulash Satsuma Segments
FRI	Cereals with Milk, Wholemeal Toast and a selection of Condiments	Rice Cakes with Mandarin, Cucumber and Pears	Brazilian Rice with Pork & Kale Apples & Strawberries	Rice Cakes with Soft Cheese and sliced Banana	Spanish Oven Omelette with Spring Onion, Asparagus & Mozzarella Red Fruits Smoothie