



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of wholegrain Cereals (weetabix, Shreddies, Ricekrispies), oats porridge, wholemeal toast, fruits and yoghurt	Choice of wholegrain Cereals (weetabix, Shreddies, Ricekrispies), oats porridge, wholemeal toast, fruits and yoghurt	Choice of wholegrain Cereals (weetabix, Shreddies, Ricekrispies), oats porridge, wholemeal toast, fruits and yoghurt	Choice of wholegrain Cereals (weetabix, Shreddies, Ricekrispies), oats porridge, wholemeal toast, fruits and yoghurt	Choice of wholegrain Cereals (weetabix, Shreddies, Ricekrispies), oats porridge, wholemeal toast, fruits and yoghurt
Morning snack	Fresh Fruit	Teacakes with grapes	Fresh Fruit	Rice cakes and cherry tomatoes	Fresh Fruit
Lunch	Chicken al Forno with vegetables, served with pasta and garlic dough balls	Lamb curry, served with basmati rice and chopped salad	Fishcakes, served with herby potatoes, peas and tartare sauce	Beef and vegetables Stir fry served with noodles	Baked ratatouille with cheese, served with Jacket potatoes
Vegetarian lunch	Quorn al Forno with vegetables, served with pasta and garlic dough balls	Plant based curry, served with basmati rice and chopped salad	Quorn vegan fishless fingers served with herby potatoes, peas and tartare sauce	Vegetarian mince and vegetables Stir fry served with noodles	Same as above
Dessert	Summer berries with rice pudding	Blueberry sponge cake	Strawberry delight	Greek yoghurt with mango puree	Pineapple and melon slices
Afternoon Snack	Crackers and butter	Fresh Fruit	Ryvita, crudites with hoummus	Fresh Fruit	Buttered scones
Dinner	Stuffed Moroccan wholemeal pitta (falafel, houmus and salad)	Chickpeas and Roasted Vegetable couscous salad	Carrot, lentil and coriander soup, served with crusted bread	Chicken and red pepper fajitas wraps with grated cheese, guacamole and cucumber	Ham and cheese, wholemeal rolls served with carrots sticks
Vegetable Dinner	Same as above	Same as above	Same as above	Mixed beans and red pepper fajitas wraps with grated cheese, guacamole and	Cheese and Egg Mayo, wholemeal rolls served with carrots sticks
Dessert	Fresh Fruit or Yoghurt Milk/dairy	Fresh Fruit or Yoghurt Milk/dairy	Fresh Fruit or Yoghurt Milk/dairy	Fresh Fruit or Yoghurt Milk/dairy	Fresh Fruit or Yoghurt Milk/dairy

Drinks: Choice of water or milk served with breakfast, snack times, lunch, dinner & throughout the day