



Week 2	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	Crackers with cream cheese	Fresh Fruit	Breadsticks served with cherry tomatoes	Fresh Fruit
Lunch	Chicken and mushroom stroganoff with rice and green Beans	Beef Meatballs in tomato sauce served with wholemeal pasta and mix vegetables	Chickpea, lentil and spinach curry, served with rice and naan bread	Salmon and white fish pie served with peas and sweetcorn topped with cheese	BBQ Chicken, served with vegetables rice
Vegetarian lunch	Tofu and mushroom stroganoff with rice and green Beans	Plant based balls in tomato sauce served with wholemeal pasta and mix vegetables	Same as above	Cauliflower & Broccoli pie served with peas and sweetcorn topped with cheese	BBQ Quorn vegan fillets, served with vegetables rice
Dessert	Baked apples with cinammon and sultanas	Peaches slices served with Icecream	Natural yoghurt with raspberry compot	Pineapple up side down cake	Fruit Jelly
Afternoon Snack	Breadsticks with hoummus	Fresh Fruit	Toasted crumpets	Fresh Fruit	Rice cakes served with yoghurt
Dinner	Cod bites served with baked beans and crusty bread	Tuna & vegetables rice salad	Chicken mayo and cheese wholemeal sandwiches served with cucumber and pepper sticks	Wraps filled with chicken, cheese, avocado and salad	Mixed beans and roasted Vegetables orzo pasta salad
Vegetable Dinner	fishless fingers served with baked beans and crusty bread	Tofu pieces & vegetables rice salad	Egg mayo and cheese wholemeal sandwiches served with cucumber and pepper	Wraps filled with quorn pieces, cheese, avocado and salad	Same as above
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