



Week 3	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	Cucumber and carrots sticks with pitta fingers	Fresh Fruit	Breadsticks with cream cheese and apple slices	Fresh Fruit
Lunch	Edamane beans, butternut squash and peas risotto	Breaded cod gourjons with tomato sauce, served with mash and peas	Beef bolognaise, served with wholemeal penne and broccoli	Lamb tagine served with couscous and mediterranean vegetables	Roast Chicken, served with roasted potatoes, peas, carrots and gravy
Vegetarian lunch	Same as above	Quorn vegan fishless fingers with tomato sauce, served with mash and peas	Red Lentil bolognaise, served with wholemeal penne and broccoli	Quorn pieces tagine served with couscous and mediterranean vegetables	Quorn Vegan fillet roasted, served with roasted potatoes, peas, carrots and gravy
Dessert	Strawberry Yoghurt	Satsumas	Plum crumble with cream	Fruit salad	Artic Roll reved with strawberry coulis
Afternoon Snack	Crackers with plum slices	Fresh Fruit	Rice cakes served with mashed avocado dip	Fresh Fruit	mini naan served with boiled egg and tomato salsa
Dinner	Pulled Chicken in baps with apple coleslaw	Ham and cheese muffins pizza served with cherry tomatoes	Jacket potato with beans and salad	Potato, leek and butterbean soup served with wholemeal bread	Baguel served with cream cheese and vegetables crudites
Vegetable Dinner	Planted based pulled in baps with apple coleslaw	Cheese and peppers muffins pizza served with cherry tomatoes	Same as above	Same as above	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