

WEEK 1

	BREAKFAST	AM SNACK	LUNCH	PM SNACK	TEA
MON	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Rice Cakes With Milk	Cauliflower and Spinach Cheese Pasta Bake Apple Slices	Melon fingers	Mediterranean Wholemeal Flatbread Fingers with steamed carrot sticks
TUE	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Grape platter	Roast Chicken/Quorn, Roast Potatoes, Seasonal Vegetables, Yorkshire Puddings with Low Salt Gravy Orange segments	Wholemeal Pitta Bread and houmous dip With Milk	Cheese and Broccoli Frittata with Cucumber Sticks
WED	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Pineapple fingers	Chicken Mince/Lentil Bolognese Bake With Garlic Bread Berry Cones	Naan bread With mint yoghurt dip With Milk	Cream Cheese and Cucumber Sandwiches
THUR	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Pineapple fingers	Salmon & Roasted vegetable/Chickpea and Roasted vegetable mashed topped pie Homemade banana yoghurt	Cream cheese crumpets With Milk	Chef's Choice of soup with French Stick Circles
FRI	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Homemade Sugar Free Strawberry and Apple Oat Bars	Vegetable Biryani With Kachumber salad Watermelon Slices	Breadsticks and Sour cream and chive dip With Milk	Cheese and Beans on Toast

WEEK 2

	BREAKFAST	AM SNACK	LUNCH	PM SNACK	TEA
MON	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Rice Cakes With Milk	Vegetable Fajita Pasta Bake Apple Slices	Melon fingers	Fish/Fishless Finger Wholemeal Sandwiches with pepper sticks
TUE	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Homemade sugar free Strawberry and apple oat bars	BBQ Pulled Chicken/Quorn, with garlic new potatoes and seasonal vegetables Watermelon Slices	Buttered Crumpets With Milk	Cheese, Broccoli and Spinach Orzo Bake
WED	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Pineapple fingers	Beef Mince/Mediterranean Vegetable Lasagne With Garlic Bread Orange Segments	Wholemeal Pitta bread and houmous dip With Milk	Cheese and Salsa Paninis with steamed carrot sticks
THUR	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Banana fingers	Chicken/Chickpea Curry with rice & Naan bread Fruit Salad	Breadsticks and Sour cream and chive dip with Milk	Cheese and tomatoes on toast
FRI	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Pear Slices	Fish Cakes/Cheese Grills, Mashed Potato and Baked Beans Homemade banana yoghurt	Homemade sugar free Carrot and Courgette Muffins With Milk	Roasted Tomato, butterbean and cheese pinwheels with cucumber thins

WEEK 3

	BREAKFAST	AM SNACK	LUNCH	PM SNACK	TEA
MON	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Rice Cakes With Milk	Tomato and Vegetable Pasta bake Apple Slices	Strawberries and Yoghurt Dip	Potato, Cheese and Bean Bake
TUE	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Pear Slices	Chicken/Soya pieces topped with mashed potatoes with seasonal vegetables Homemade Banana yogurt	Naan Bread and Mint Yoghurt dip With Milk	Homemade wholemeal mini pizzas With steamed carrot Sticks
WED	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Grape platter	Beef Mince/Three Bean Chilli Con Carne With Rice Watermelon Slices	Homemade Sugar free banana and oat loaf	Scrambled egg on toast
THUR	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Melon fingers	Cheesy Fish/Butterbean Macaroni with sweetcorn Orange Segments	Wholemeal Pitta bread and houmous dip With Milk	BBQ Chicken/Quorn and Cheese Wrap Bakes
FRI	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Pineapple fingers	Vegetable and Lentil Dhal With Rice Berry Yoghurt	Breadsticks and Sour cream and chive With Milk	Spaghetti Hoops on Wholemeal Toast

WEEK 4

	BREAKFAST	AM SNACK	LUNCH	PM SNACK	TEA
MON	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Rice cakes and Milk	Mushroom Pasta Bake Apple Slices	Melon fingers	Cheese, tomato and spinach egg bites with pepper sticks
TUE	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Pineapple Slices	Chicken/Soya chunky casserole with potatoes and seasonal vegetables Berry Cones	Pitta Bread and Tzatziki dip With Milk	Fish/Fishless finger wraps with cherry tomatoes and cucumber thins
WED	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Pear Slices	Creamy Tarragon Fish/Quorn Orzo Bake Homemade banana yoghurt	Bread sticks with cream cheese dip with Milk	Egg Mayo/Cheese Wholemeal Pitta Pockets with steamed carrot sticks
THUR	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Banana fingers	Turkey/Chickpea Keema with Rice Watermelon slices	Homemade Sugar free Blueberry Muffins with Milk	Peter Pan's Ploughman's (Fresh crusty buttered bread, cheese, grapes, cucumber with salsa)
FRI	Choice from Cornflakes, Rice Krispies, Shreddies or Weetabix with Wholemeal Toast and Butter or Marmite and Water	Grape platter	Vegetable fingers, Mash with baked beans Orange segments	Naan bread with mint yoghurt dip with Milk	Pasta Arrabbiata