

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 Bolognaise 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 |