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| Week 1  Spring/Summer | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of  fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast |
| Morning snack | Crispbread | Fresh Fruit | Crumpets | Breadsticks with cheese sticks | Fruit |
| Lunch | Fish Pie with peas | Roast Pork with broccoli, carrots, roast potatoes, gravy | Spaghetti Bolognaise, Garlic bread, grated carrot | Vegetable Curry with rice and Naan bread | Chicken Fajitas with potato wedges |
| Vegetable pie with peas | Stuffed vegetables and potatoes | Quorn spaghetti bolognaise, garlic bread and grated carrot | As above | Vegetable Fajitas with potato wedges |
| Pudding | Yoghurt | Jelly and Ice cream | Pineapple upside down cake | Cheesecake | Fruit smoothie |
| As above | Vegan Jelly and Ice cream | As above | As above | As above |
| Snack | Melon and grapes | Breadsticks with Vegetable Sticks | oatcakes | Crackers | Toast squares |
| Tea | Teacakes | Assorted toasties | Jacket Potato with Tuna and Cheese | Hot dogs with vegetable sticks | Pasta salad |
| As above | As above | As above | Vegetarian hot dogs with vegetable sticks | As above |
| Pudding | Bananas and custard | Homemade cookies | Peaches and Greek yoghurt | Fruit salad | Flapjack |
| As above | As above | As above | As above | As above |

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| Week 2  Spring/Summer | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of  fruit, Low salt/sugar cereal and wholemeal toast |
| Morning snack | Crumpets | Breadsticks with vegetable sticks | Scotch Pancakes | Toasted muffins | Bagels |
| Lunch | Chilli con carne with rice and grated carrot | Sausage with mash and vegetables | Roast Chicken with cauliflower, carrots, roast Potatoes, gravy | Tuna and Broccoli pasta bake | Potato, leek and cheese pie with vegetables |
| Vegetarian con carne with rice and grated carrot | Vegetarian Sausage with mash and vegetables | Cauliflower cheese | Cheese and broccoli pasta bake | As above |
| Pudding | Cheesecake | Sorbet | Strawberries and Cream | Homemade Chocolate Brownie | Fresh Fruit and yoghurt |
| As above | As above | As above | As above | As above |
| Snack | Oatcakes | Pears and apple | Rice cakes | Pineapple and cheese | Pepper sticks and breadsticks |
| Tea | Cheese and ham wraps | Beans on toast | Filled pitta breads with vegetable sticks and dips | Quiche with cucumber and tomatoes | Selection of sandwiches |
| As above | As above | As above | Vegetable Quiche with cucumber and tomatoes | As above |
| pudding | Fruit Platter | Rock cakes | Jelly | Yoghurt and peaches | Homemade Fairy cakes |
|  |  | Vegan Jelly |  |  |

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| Week 3  Spring/summer | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast | Selection of fruit, Low salt/sugar cereal and wholemeal toast |
| Morning snack | Crackers and apple | Cheese with carrots and cucumber sticks | Breadsticks and cheese | Watermelon and Grapes | Crumpets |
| Lunch | Chickpea Dhal | Fish with sweet potato mash and peas | Chicken enchiladas with salad | Lasagne with Garlic bread | Gammon with new potatoes and vegetables |
| Chickpea Dhal | Vegetable fingers, sweet potato wedges and peas | Pepper enchiladas | Vegetarian lasagne with Garlic bread | Vegetarian sausages, new potatoes and vegetables |
| Pudding | Homemade Victoria Sponge | Homemade summer berry crumble and cream | Fruit and Ice cream | Fruit Platter | Banana’s and custard |
| As above | As above | Peaches and Ice cream | As above | As above |
| Snack | Rice cakes | Oatcakes | Crackerbreads | Cheese Twists | Fruit |
| Tea | Pizza with vegetable stick | Beans on toast | Bagels with boiled eggs | Selection of rolls | Assorted wraps with vegetable sticks |
| As above | As above | As above | As above | As above |
| Pudding | Pineapple and pear | Fruit smoothie | Jelly | Homemade Fruit cake | Yoghurt |
| As above | As above | As above | As above | As above |