

| Day<br>Week 1 | Breakfast  | Am Snack                                    | Lunch  | Pm Snack                            | Tea   |
|---------------|--|---|--|-------------------------------------|---|
| Mon           | Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.<br><br>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)<br><br>Hot chocolate, warm/cold milk or water. | Breadsticks and dip                         | Mushroom Pasta (v)<br><br>Natural yogurt and fruit   | Vegetable platter and humous dip    | Soft Filled Finger Rolls<br>Choice of Chicken, egg mayonnaise or Cheese     |
| Tues          | Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.<br><br>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)<br><br>Hot chocolate, warm/cold milk or water. | Mixture of Fresh Fruit and Drink            | Chicken Pie<br>Vegetarian Pie (v)<br>New Potatoes, Mixed Vegetables and Gravy<br>Banana and Custard        | Plain Rice Cakes and milk           | Cheese on Toast   |
| Wed           | Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.<br><br>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)<br><br>Hot chocolate, warm/cold milk or water. | Naan bread sticks and mint dip              | Spaghetti Bolognese<br>Soya Mince Bolognese (v)<br>Both with Garlic Bread<br><br>Homemade milk ice lollies | Mixture of Fresh Fruit and Drink    | Cream Crackers/Matzo<br>Cheese cubes,<br>cucumber, pepper and carrot sticks |
| Thurs         | Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.<br><br>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)<br><br>Hot chocolate, warm/cold milk or water. | Vegetable platter and humous dip            | Toad in the hole<br>Vegetarian Sausage in the hole (v)<br>Mash, Peas and Gravy<br><br>Fresh fruit salad    | Pitta Bread Fingers with cheese dip | Breaded Fish<br>Dippers/Fishless Fingers<br>Tomato or BBQ Sauce             |
| Fri           | Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.<br><br>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)<br><br>Hot chocolate, warm/cold milk or water. | Toasting muffins and vegetable cheese puree | Lemon Chicken<br>Lemon Quorn Fillet(v)<br>With Rice<br><br>Jelly and Ice Cream                             | Mixture of Fresh Fruit and Drink    | Stuffed Jacket Potato with Cheese   |

| Day<br>Week 2 | Breakfast   | Am Snack                          | Lunch   | Pm Snack                         | Tea   |
|---------------|---|-----------------------------------|---|----------------------------------|---|
| Mon           | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | Matzo and cheese cubes            | <p>Ratatouille Pasta</p> <p>Watermelon slices</p>   | Mixture of Fresh Fruit and Drink | Scrambled Egg and Beans on Toast                                |
| Tues          | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | Pitta Bread Strips and Cheese Dip | <p>Roast Chicken<br/>Quorn Roast (v)<br/>Roast Potatoes, Broccoli, Carrots, Yorkshire pudding and Gravy<br/>Homemade Fruit Sorbet</p> | Mixture of Fresh Fruit and Drink | Filled Grated Cheese or Ham Bagels<br>Cucumber, Cherry Tomatoes |
| Wed           | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | Plain Rice Cakes and Milk         | <p>Mild Butter Chicken/<br/>Quorn Vegetable Curry(v)<br/>With Rice and Poppadom's</p> <p>Vanilla ice cream</p>                        | Vegetable platter and humous dip | Homemade Pizza Fingers  |
| Thurs         | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | Mixture of Fresh Fruit and Drink  | <p>Shepherd's Pie<br/>Soya Mince Pie (v)<br/>Peas and Gravy</p> <p>Natural Yogurt</p>   | Rye crisp bread and soft cheese  | Hotdogs<br>Veggie Hotdogs (v)                                   |
| Fri           | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | Breadsticks with Tzatziki dip     | <p>Fish Cakes/<br/>Cauliflower Cheese Grills<br/>Mash<br/>and Baked Beans</p> <p>Homemade fruit ice lollies</p>                       | Mixture of Fresh Fruit and Drink | Macaroni Cheese   |

| Day<br>Week 3 | Breakfast   | Am Snack                           | Lunch   | Pm Snack                         | Tea   |
|---------------|---|------------------------------------|---|----------------------------------|---|
| Mon           | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | Rice Cakes and milk                | <p>Pasta Bake with Mixed Vegetables (v)</p> <p>Fresh fruit salad</p>  | Mixture of Fresh Fruit and Drink | <p>Breaded Chicken Goujons</p> <p>Quorn Goujons (V) Carrot Sticks and dip</p>         |
| Tues          | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | Pitta Bread Strips with Cheese dip | <p>Sausages</p> <p>Vegetarian Sausage (v)</p> <p>Mash Potato, Peas and Gravy</p> <p>Homemade fruit ice Lolly</p>                      | Mixture of Fresh Fruit and Drink | Toasted Crumpets  |
| Wed           | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | Breadsticks with Tzatziki dip      | <p>Roast Chicken</p> <p>Quorn Roast (v)</p> <p>Roast Potatoes, Cabbage, Carrots, Yorkshire pudding and Gravy</p> <p>Ice Cream (v)</p> | Mixture of Fresh fruit and Drink | <p>Sausage Rolls</p> <p>Cheese Rolls (v)</p> <p>Cucumber, Carrot, Cherry Tomatoes</p> |
| Thurs         | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | Vegetable platter and humous dip   | <p>Lasagne</p> <p>Soya Mince Lasagne (v)</p> <p>Both with Garlic Bread</p> <p>Jelly and fruit</p>                                     | Breadsticks With Tzatziki dip    | Stuffed Jacket Potatoes with Tuna mayo/sweetcorn/cheese                               |
| Fri           | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | Naan Bread Strips with mint dip    | <p>Chicken Risotto</p> <p>Vegetable Risotto (v)</p> <p>Natural yogurt</p>   | Mixture of Fresh Fruit and Drink | <p>Cream Crackers/Matzo</p> <p>Cheese Cubes, Cucumber, Pepper and carrot sticks</p>   |

| Day<br>Week 4 | Breakfast   | Am Snack                                  | Lunch   | Pm Snack                                | Tea  |
|---------------|---|---|---|---|--|
| Mon           | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | <p>Breadsticks<br/>And Tzatziki dip</p>   | <p>Cheesy Pasta Bake with Broccoli (v)</p> <p>Vanilla Ice Cream</p>   | <p>Vegetable platter and humous dip</p> | <p>Hotdogs<br/>Veggie Hotdogs (v)</p>  |
| Tues          | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | <p>Naan bread strips and mint dip</p>     | <p>Fisherman's Pie<br/>Vegetable Pie (V)<br/>Sweetcorn and Peas</p> <p>Natural yogurt</p>                         | <p>Mixture of Fresh Fruit and Drink</p> | <p>Ham and Cheese Sandwiches<br/>Pepper, Cucumber, Carrot Sticks</p>                   |
| Wed           | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | <p>Mixture of Fresh Fruit and Drink</p>   | <p>Chilli Con Carne<br/>Soya Mince Chilli Con Carne(v)<br/>Both served with Rice</p> <p>Homemade fruit sorbet</p> | <p>Matzo and cheese cubes</p>           | <p>Scrambled Egg and beans on Toast</p>  |
| Thurs         | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | <p>Pitta Bread Strips with cheese dip</p> | <p>Chicken Casserole<br/>Quorn Fillet Casserole (v)<br/>Carrot and Sweet potato mash</p> <p>Fresh fruit salad</p> | <p>Vegetable platter and humous dip</p> | <p>Pizza and Garlic<br/>Dough Balls</p>  |
| Fri           | <p>Shreddies, Porridge, Weetabix with Toast and Butter or Marmite, Strawberry jam, raspberry jam or marmalade.</p> <p>Fruit salad, homemade smoothie or milkshake, Breakfast sundae or cheese and tomato melt, beans on toast or eggs (scrambled, poached, boiled)</p> <p>Hot chocolate, warm/cold milk or water.</p> | <p>Mixture of Fresh Fruit and Drink</p>   | <p>Sausage Plait<br/>Vegetarian Sausage Plait(v)<br/>Potato Smiles and Baked Beans</p> <p>Custard</p>             | <p>Fresh fruit smoothie</p>             | <p>Pitta Bread with Tuna and cheese (v)<br/>Cucumber, Carrots,<br/>Cherry Tomatoes</p> |