

WEEK 1	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
Monday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Quorn spaghetti bolognese with garlic bread	Five fresh fruit and vegetables, chopped, with milk or water	Wholemeal toast with butter or marmite
			Seasonal fruit crumble and natural yoghurt		Banana loaf
Tuesday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Jacket potatoes with grated cheese, tuna and baked beans	Five fresh fruit and vegetables, chopped, with milk or water	Sweet potato and parsnip soup with bread and butter
			Fromage Frais		Jelly and ice cream
Wednesday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Lasagne with sweetcorn and green beans	Five fresh fruit and vegetables, chopped, with milk or water	Pitta bread with hummus and cucumber and carrot sticks
			Iced buns with raisins		Banana and custard
Thursday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Sausage hotpot with mashed potatoes and mixed vegetables	Five fresh fruit and vegetables, chopped, with milk or water	Wholemeal wraps with grated cheese and pepper sticks
			Apple cookies		Shortbread biscuit
Friday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Chicken cobbler with peas and carrots	Five fresh fruit and vegetables, chopped, with milk or water	Crumpets with jam or butter
			Fromage Frais		Angel Delight

WEEK 2	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
Monday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Tomato pasta with peas and ham, plus a seasonal vegetable	Five fresh fruit and vegetables, chopped, with milk or water	Bagels with grated cheese, carrot and cucumber sticks
			Yoghurt crunch crumble		Angel Delight
Tuesday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Shepherds pie with green beans	Five fresh fruit and vegetables, chopped, with milk or water	Spaghetti hoops on wholemeal toast
			Fruit jelly		Banana and raisin flapjack
Wednesday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Jacket potatoes with grated cheese, tuna and baked beans	Five fresh fruit and vegetables, chopped, with milk or water	Toasted muffins with butter and jam
			Fromage Frais		Milk jelly
Thursday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Fish pie with broccoli	Five fresh fruit and vegetables, chopped, with milk or water	Cream crackers with butter or marmite
			Gingerbread biscuits		Warm stewed orchard fruits with vanilla sauce
Friday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Macaroni cheese with seasonal vegetables	Five fresh fruit and vegetables, chopped, with milk or water	Wholemeal sandwiches with a choice of cheese, tuna, ham, egg or jam
			Yoghurt cake		Bananas and custard

WEEK 3	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
Monday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Quorn mince curry with rice and naan bread	Five fresh fruit and vegetables, chopped, with milk or water	Beans on wholemeal toast
			Fromage Frais		Bananas and custard
Tuesday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Sausages with potato / sweet potato wedges and baked beans	Five fresh fruit and vegetables, chopped, with milk or water	Toasted muffins with butter and jam
			Homemade shortbread		Yoghurt fruit crunch
Wednesday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Quorn spaghetti bolognese with garlic bread	Five fresh fruit and vegetables, chopped, with milk or water	Courgette and cheese muffins with carrot sticks and cheese and chive dip
			Banana and cinnamon rice pudding		Angel Delight
Thursday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Roast chicken with roast potatoes, seasonal vegetables and gravy	Five fresh fruit and vegetables, chopped, with milk or water	Bagels with cheese spread
			Fromage Frais		Shortbread biscuits
Friday	A choice of cereal with milk	Five fresh fruit and vegetables, chopped, with milk or water	Cheese and potato pie with seasonal green vegetables	Five fresh fruit and vegetables, chopped, with milk or water	Wholemeal sandwiches with a choice of cheese, jam, tuna, ham or egg
			Carrot cake		Jelly and ice cream