

Example menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Homemade banana rusks	Whole fruit	Granola & mixed fruit Yoghurt pots	Berry smoothie	Mixed melon slices
Main	Pork sausages (chicken alternative)	Chicken & coconut curry	Pasta bolognese	Creamy garlic & herb chicken	Turkey stir fry
Veggie	Quorn sausages	Vegetable curry	Quorn bolognese	Loaded jacket potato skins	Vegetable chow mein
On the side	Mash potato, broccoli & gravy	Rice & sweetcorn	Garlic bread & peas	Rice & carrots	Egg noodles & broccoli
Dessert	Eton mess pot & fruit	Fresh yoghurt pots & fruit	Fruit salad	Orange jelly & fruit	Homemade muffins & fruit
Afternoon snack	Crudités	Strawberry jelly	Veggie pizza bites	Lemon drizzle	Rice cakes with cream cheese
Afternoon tea	Selection of wraps	Homemade sausage rolls	Crudités	Cheese & crackers	Homemade mini onion bhajis
Teacher's treat				White chocolate shortcake	Lemon drizzle

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Whole fruit	Watermelon chunks	Diced fruit pots	Granola & mixed fruit Yoghurt pots	Toasted bagel bites
Main	Cheese & tomato pasta bake	Garlic & herb roasted chicken thighs	Sweet & sour turkey	Chicken Kiev	Breaded fish fingers
Veggie	Vegan pasta bake	Loaded jacket skins	Vegetable spring rolls	Vegetable Kiev	Grilled halloumi
On the side	Carrots & sweetcorn	Roasted new potatoes, carrots & gravy	Mixed vegetable chow mein	Potato wedges & broccoli	Roasted new potatoes, peas & sweetcorn
Dessert	Homemade muffins & fruit	Strawberry jelly pots & fruit	Lemon sponge & fruit	Fruit salad	Chocolate brownie & fruit
Afternoon snack	Crudités	Homemade savoury muffins	Cheese & crackers	Orange jelly pots	Mixed fruit flapjack
Afternoon tea	Selection of sandwiches	Falafel bites	Chicken salad pots	Mixed vegetable noodle bowl	Crudités
Teacher's treat				Chocolate brownie	Lemon drizzle