

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Selection of whole fruit	Homemade banana rusks	Watermelon chunks	Selection of whole fruit	Mixed melon slices
Main	Penne pasta in a vegetable tomatosauce topped with mozzarella	Garlic & thyme roasted chicken thighs	Beef chilli with kidney beans	Chinese style chicken with a white cabbage, carrot & mixed pepper stir fry	Homemade breaded catch of the day with lemon wedges
Meat free	Penne pasta in an oat milk béchamel sauce topped with vegan cheese	Roasted butternut squash & spinach pastry roll	Mixed bean & tomato chilli	Chinese style white cabbage, carrot & mixed pepper stir fry	Dairy free cheese & mixed pepper topped pitta
On the side	Garden peas & steamed baby carrots	Medley of roasted potatoes, carrots & parsnips	Mixed pepper & carrot rainbow rice	Egg noodles or rice noodles (egg-free alternative)	Roasted new potatoes, peas & sweetcorn
Dessert	Greek yoghurt served with a fruit coulis	Rice pudding served with a jam compote	Low sugar orange fruit jelly	Seasonal mixed fruit salad	Beetroot brownie bites
Afternoon Snack	Baby corn & cucumber sticks, wholemeal pitta & butterbean hummus	Soft cheese spread with crackers or Dairy-free cheese spread with crackers	Carrot & sliced mixed pepper crudités, wholemeal pitta & spinach hummus	Mixed fruit oat rusks	Cucumber sticks, cauliflower florets, wholemeal pitta & sweet potato hummus
Afternoon Tea	Carrot, red onion & mixed pepper stir fry with rice	Jacket potato halves served with baked beans	Homemade pork sausage rolls or sweet potato & caramelised red onion rolls	Dairy free cheese, chive & courgette scones	Chicken goujons or butternut squash croquettes

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Selection of whole fruit	Homemade banana rusks	Watermelon chunks	Selection of whole fruit	Mixed melon slices
Main	Macaroni cheese topped with roasted tomatoes	Lightly spiced chicken & red Lentil curry	Beef & red lentil bolognese with spaghetti & courgette	Slow roasted honey glazed turkey	Homemade salmon & dill fishcakes
Meat free	Vegan macaroni cheese topped with roasted tomatoes	Lightly spiced sweet potato, butternut squash & red lentil curry	Cauliflower & red lentil bolognese with spaghetti & courgette	Five bean & coriander burger with tomato & onion salsa	Sweet potato & broccoli cakes
On the side	Garden peas & roasted carrots	Steamed rice & cauliflower	Garlic bread bites & sweetcorn	Roast potatoes, broccoli & gravy	Minted garden peas & sweetcorn
Dessert	Low-sugar strawberry jelly pots	Mixed fruit flapjack	Seasonal mixed fruit salad	Apple & cinnamon oat crumble with custard	Lemon drizzle sponge bites
Afternoon Snack	Carrot & sliced mixed pepper crudités, wholemeal pitta & spinach hummus	Soft cheese spread with crackers or Dairy-free cheese spread with crackers	Baby corn & cucumber sticks, wholemeal pitta & butterbean hummus	Mixed fruit oat rusks	Cucumber sticks, cauliflower florets, wholemeal pitta & sweet potato hummus
Afternoon Tea	Mixed pepper & red onion topped potato pizza bites with dairy-free cheese	Carrot, courgette, chickpea & sweetcorn fritters	Crispy chicken & spinach salad wrap Or falafel & spinach salad wrap	Tomato & mozzarella pasta bake	Stuffed Yorkshire puddings with cumberland sausages & gravy or stuffed Yorkshire puddings with roasted mixed vegetables & gravy

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Selection of whole fruit	Homemade banana rusks	Watermelon chunks	Selection of whole fruit	Mixed melon slices
Main	Mixed pepper & fresh basil tomato sauce with egg free spaghetti	Fajita seasoned chicken with roasted mixed peppers	Cumberland sausages	Chicken & fresh tomato egg-free pasta bake topped with mozzarella	Homemade breaded catch of the day with lemon wedges
Meat free	Jacket potatoes with baked beans & dairy-free cheese	Fajita seasoned mixed vegetables	Vegetarian sausages	Fresh tomato egg-free pasta bake topped with dairy free cheese	Grilled halloumi & mixed pepper topped pitta breads
On the side	Roasted baby carrots & sweetcorn	Turmeric infused rice & peas	Mash potato, cauliflower & gravy	Homemade garlic bread bites & steamed broccoli	Roasted new potatoes, peas & sweetcorn
Dessert	Fresh fruit salad	Raisin shortbread fingers	Warm orange drizzle bites with vanilla custard	Low-sugar strawberry jelly pots	Carrot cake pieces
Afternoon Snack	Baby corn & cucumber sticks, wholemeal pitta & butterbean hummus	Soft cheese spread with crackers or Dairy-free cheese spread with crackers	Carrot & sliced mixed pepper crudités, wholemeal pitta & chickpea hummus	Mixed fruit oat rusks	Cucumber sticks, cauliflower florets, wholemeal pitta & sweet potato hummus
Afternoon Tea	Ham, cheese & tomato puff rolls or Dairy free cheese & tomato puff rolls	Mixed root vegetable pasties	Homemade chicken & red onion pizza bites or dairy free cheese & red onion pizza bites	Tomato & red lentil soup with focaccia bread pieces	Diary-free macaroni & cheese with caramelised red onions