
















































































































	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A selection of low sugar & salt cereals, Rice Krispies, Corn Flakes, Shredded Wheat, Weetabix, porridge and overnight oats as well as toast with 50/50 bread, fresh fruit & plain yoghurt				
SNACK AM	Seasonal fruit platter	Easy peelers	Berries	Apple and pear	Honeydew melon
LUNCH	Turkey with onion gravy Quorn pieces with gravy & mash  Green beans & carrots Yoghurt 	Lamb Lasagne  Mediterranean veg lasagne  Garlic bread  Sweetcorn & cauliflower Pineapple wedges 	Vegetable bake topped with herby diced new potatoes  Sugar snaps & cabbage Blackberry cheesecake 	Chicken tikka masala  Sweet potato tikka masala  Pilau rice Broccoli & roasted chickpeas Banana 	Fresh cod fingers  Brie, cranberry & spinach filo pie  Home wedges Peas & spinach Satsumas 
SNACK PM	Wholemeal pitta  Vegetable crudité's with hummus 	Rice cakes with soft cheese  Peach slices 	Cheese straws  with tomato dip 	Oatcakes with unsalted butter  Sliced orange 	Apple & pear wedges with Wowbutter 
AFTERNOON TEA	Egg wrap  with spring onion, sliced ham, diced pepper & carrot hummus Diced mango 	Mashed avocado, mozzarella, sliced peppers & sour cream pitta pocket  Watermelon 	Cold pasta pesto with prawns, peas, roasted courgette, tomato & crème fresh  Fruit salad 	Boiled egg, chicken, sugar snaps and carrot sticks  Mixed fruit yoghurt 	Turkey & avocado on multigrain mini toast  Malt loaf 
	Whole milk/water	Milk	Water	Whole milk/Water	Water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A selection of low sugar & salt cereals, Rice Krispies, Corn Flakes, Shredded Wheat, Weetabix, porridge and overnight oats as well as toast with 50/50 bread, fresh fruit & plain yoghurt				
SNACK AM	Banana	Pink grapefruit	Berries	Seasonal fruit platter	Watermelon
LUNCH	Italian pork stew  Pulled oat bolognaise  Wholemeal pasta  Green beans & sweetcorn Cherry flapjack  	Enchilada beef meatballs   Mexican black bean chilli  Brown rice Baby corn & beetroot Honeydew slices	Chicken & leek puff pie   Tomato & onion tart    Mash, broccoli & carrots Mango Yoghurt Pot 	Baked potato with tuna, homemade baked beans, cheese & sour cream   Vegetable sticks Banana	Baked salmon  Ricotta & mint fritter    Roasted sweet potato wedges Vegetable crudité's Peaches
SNACK PM	Fresh cheese bread and sliced peppers with hummus  	Ritz crackers with soft cream cheese   Sliced orange	Apricot & banana fruit juice smoothie  	Breadsticks and vegetable crudité's with cream cheese   	Toasted teacakes with sugar reduced jam  
AFTERNOON TEA	Fruit coronation chicken salad       Plums	Wholemeal pasta, tuna, sweetcorn, hummus dressing, diced cucumber, grated carrot  Raspberries & ginger finger cake   	Toasted Wholemeal fingers with sliced Monterey jack cheese sliced cherry tomato, celery stick & tuna      Honeydew	Kobez flat bread wrap, falafel, mint yoghurt, grated red cabbage & rocket Apricot puree yoghurt   	Mini fresh sausage rolls    Broccoli & pepper rolover   Roasted beetroot wedges Orange wedges
	Whole milk/water	Milk	Water	Whole milk/Water	Water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A selection of low sugar & salt cereals, Rice Krispies, Corn Flakes, Shredded Wheat, Weetabix, porridge and overnight oats as well as toast with 50/50 bread, fresh fruit & plain yoghurt				
SNACK AM	Melon	Pineapple	Pears	Seasonal fruit platter	Banana
LUNCH	Tortellini formaggio with tomato sauce  Roasted butternut risotto  Garlic bread  Sweetcorn & broccoli Diced mango	Turkey or tofu biryani  Mini naan  Carrots & green beans Satsuma	Beef & leek cumberland pie  Roasted root veg toad in the hole  New potatoes Parsnips & red onion Fruit yoghurt pot 	Katsu chicken  Egg katsu  Brown rice Baby corn & peas Fromage frais 	Haddock goujons  Spinach & ricotta cannelloni  Oven roasted potatoes, Homemade Baked beans Sugar free pear & chocolate cake 
SNACK PM	Sugar snap peas with low fat hummus	Rice cakes with butter and grated cheese 	Fresh cheese scone and cherry tomatoes 	Vegetable crudité's and pear wedges with cream cheese 	Toasted crumpets with butter & melon chunks 
AFTERNOON TEA	Sliced turkey, feta, boiled egg, cherry tomato & mini breadsticks  Kiwi fruit	Pasta salad with avocado, tuna, black olive, basil, roasted red peppers  Oat cookies 	Wholemeal toast with butter and reduced sugar jam  Pineapple & watermelon sticks	English muffin ham (spinach) & pineapple pizza  Mixed berries	Brown pitta pocket with beef tomato, mozzarella & watercress with red pepper dip  Apricot
	Whole milk/water	Milk	Water	Whole milk/Water	Water