

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals, Yoghurt and Fresh Fruit ***				
Snack	A Rolling snack where children can choose from a selection of fruit and carbohydrate foods				
Lunch	Tuna Roll with Cucumber & Tomatoes ***	Spaghetti Hoops on toast ***	Tortilla wraps with cream cheese & Ham with Savoury Bites ***	Homemade leek and potato soup with wholemeal bread ***	Egg sandwiches served with peppers and tomatoes ****
Dinner	Cottage Pie with Peas & Carrots *	Coconut & Mixed Vegetable Curry with Quinoa	Sausage and Marsh with Broccoli **	Tomato and Basil Pasta with Garlic Bread **	Jumbo Fish Fingers with Potato Wedges and Baked Beans * *
Vegetarian	Quorn Cottage Pie with Peas & Carrots *	Coconut & Mixed Vegetable Curry with Quinoa	Vegetarian Sausage and Mash with Broccoli **	Tomato and Basil Pasta with Garlic Bread **	Jumbo Fish Fingers with Home Made Potato Wedges and Baked Beans **
Desert	Bananas and Custard *	Fromage Frais *	Fruit Jelly	Mini Milk *	Fruit Cocktail & Vanilla Ice Cream *

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals, Yoghurt and Fresh Fruit ***				
Snack	A Rolling snack where children can choose from a selection of fruit and carbohydrate foods				
Lunch	Homemade vegetable soup with white baguette ***	Bagel with cream cheese & cucumber sticks ***	Beans on Toast ***	Cheesy Muffins with Pepper & Cucumber sticks ***	Macaroni Cheese ***
Dinner	Beef Lasagne with Salad ***	Quorn Curry Korma with Rice and Naan bread ***	Fish Pie *	Roast Chicken with New Potatoes, Cabbage, Carrots and Peas	Jacket Potatoes with a choice of Tuna, Cheese or Baked Beans *
Vegetarian	Vegetable Lasagne with Salad ***	Quorn Curry Korma with Rice and Naan bread ***	Fish Pie *	Quorn Chicken with New Potatoes, Cabbage, Carrots and Peas	Jacket Potatoes with a choice of Tuna, Cheese or Baked Beans *
Desert	Home Made Tray Bake***	Peaches and Cream*	Rice Pudding with Jam or Golden Syrup*	Fruit Jelly	Fromage Frais *

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals, Yoghurt and Fresh Fruit ***				
Snack	A Rolling snack where children can choose from a selection of fruit and carbohydrate foods				
Lunch	Margaretta pizza with Pepper & Carrot sticks ***	Ham sandwiches with Cucumber & tomato ***	Home-made Leek & Potato Soup	Spaghetti Hoops on toast ***	Cheese Crumpets with Tomatoes ***
Dinner	Poached Cod with New Potatoes, Broccoli and Carrots *	Shepherds Pie with Cabbage and Green Beans *	Spinach and Broccoli Pasta with Cheese ***	Chicken Chunks with Chipped potatoes and Baked beans	Beef Lasagne with Peas and Garlic Bread ***
Vegetarian	Poached Cod with New Potatoes, Broccoli and Carrots *	Quorn Shepherds Pie with Cabbage and Green Beans	Spinach and Broccoli Pasta with Cheese ***	Vegan Scampi Chunks with Chipped potatoes and Baked beans	Vegetable Lasagne with Peas and Garlic Bread ***
Desert	Fruit Cocktail and Vanilla Ice cream*	Mini Milk *	Fruit Sponge and custard *	Fromage Frais *	Fruit Jelly

Key: \*Contains Wheat \*Contains Dairy \*Contains Egg \*Contains Gluten \*Contains Soya