



# Our Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Porridge, orange slices and water	Wholewheat cheerio's and milk (or plant based substitute)	Toast with low sugar jam, apple cuts and water	Corn Flakes with milk	Rice cakes with spread, cheese and cucumber slices, melon slice and water
<b>Morning Snacks</b>	Melon cubes, pepper sticks and water	Rice cakes, blueberries, carrots and water	Cucumber slices, orange slices and water	Low salt crackers, banana and water	Mixed fresh and dried fruit and water
<b>Lunch Main Meal</b>	Grilled salmon fish / carrot cakes (v) with mash potatoes and green peas	Chicken biryani / vegetable biryani with natural yogurt and cucumber slices	Bean and pea risotto (with soya beans) served with courgettes	Lamb korma / vegetable curry (v) with chapatti	Chicken and peas pasta / vegetable pasta bake
<b>Dessert</b>	Strawberry yogurt	Honey dew melon	Homemade marshmallow bar	Peach yogurt	Strawberry jelly
<b>Afternoon snack</b>	Breadsticks, pineapple, and water	Cucumber slices, orange slices and water	Strawberries, water crackers and water	Mixed vegetables and water	Tea biscuits, pear and water
<b>Tea Time</b>	Sweetcorn and vegetable pasta salad, watermelon and water	Pesto pasta salad, berry yogurt and water	Pitta bread with hummus, mix fresh fruit and water	Baked beans and cheese on toast, tomato wedges, grapes and water	Broccoli omelette, avocado wedges, banana and water



# Our Menu



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Porridge, orange slices and water	Wholewheat cheerio's and milk (or plant based substitute)	Toast with low sugar jam, apple cuts and water	Corn Flakes with milk	Rice cakes with spread, cheese and cucumber slices, melon slice and water
<b>Morning snack</b>	Melon cubes, pepper sticks and water	Rice cakes, blueberries, carrots and water	Cucumber slices, orange slices and water	Low salt crackers, banana and water	Mixed fresh and dried fruit and water
<b>Lunch Main Meal</b>	Homemade fish and chips / stir fried vegetables	Chicken spinach / paneer spinach with white rice and broccoli florets	Macaroni cheese with green peas and carrots	Brown lentils with white rice and cucumber	Chicken nuggets / vegetable nuggets with mash potato and roasted peppers
<b>Dessert</b>	Cinnamon flapjack	Grapes	Cantaloupe melon	Dates	Strawberries
<b>Afternoon snack</b>	Breadsticks, pineapple, and water	Cucumber slices, orange slices and water	Strawberries, water crackers and water	Mixed vegetables and water	Tea biscuits, pear and water
<b>Tea Time</b>	Egg mayo with cress sandwich, pear and water	Wholegrain roll with spread, lettuce and turkey slice / quorn turkey slice (v), watermelon and water	Mini pizza, carrot sticks, fruit yogurt and water	Tuna pasta salad, berry mix and water	Pancakes with fresh fruit and maple syrup, water



# Our Menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Porridge, orange slices and water	Wholewheat cheerio's and milk (or plant based substitute)	Toast with low sugar jam, apple cuts and water	Corn Flakes with milk	Rice cakes with spread, cheese and cucumber slices, melon slice and water
<b>Morning snack</b>	Melon cubes, pepper sticks and water	Rice cakes, blueberries, carrots and water	Cucumber slices, orange slices and water	Low salt crackers, banana and water	Mixed fresh and dried fruit and water
<b>Lunch Main Meal</b>	Sweet potato, chickpeas, and spinach curry with rice	Fish pie / vegetable pie (v)	Vegetarian spaghetti	Lasagne / vegetable lasagne (v)	Kale Chaney with rice (v)
<b>Dessert</b>	Grapes	Lemon cupcakes	Jelly	Fruit yogurt	Watermelon
<b>Afternoon snack</b>	Breadsticks, pineapple, and water	Cucumber slices, orange slices and water	Strawberries, water crackers and water	Mixed vegetables and water	Tea biscuits, pear and water
<b>Tea Time</b>	Boiled egg wedges, crackers, peach yogurt and water	Cheese and tomato panini sandwich, dates and water	Banana and blueberry loaf, natural yogurt, diced peaches and water	Mini sausages with tomato sauce, raspberries, water	Fish fingers / vegetable fingers with mash potatoes and trimmed beans