

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Break</b>	Rice cakes and apple and banana	Pancakes and satsuma	Bread and butter, apples and melon	Bagels and raisins	Malt loaf and cucumber
<b>Lunch</b>	Veggie curry or chicken curry, rice and salad  Apple crumble and custard	Quorn fillet or white fish, mashed potato and peas  Yogurt and stewed apple	Veggie casserole or steak casserole, green beans and new potatoes  Treacle sponge and ice cream	Jacket potato, pilchards baked beans and cheese  Rice pudding and tinned peaches	Savoury mince or grated cheese with rice and broccoli  Fresh fruit salad and cream
<b>Tea</b>	Wraps (ham, cheese, cucumber and tomato) Homemade cookies	Butternut squash soup, bread and butter Fruit	Teacakes and fruit	Crusty bread or muffins with jam and homemade cake	Bread, butter, cheese and ham. Yoghurt

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Break</b>	Cheese ,pineapple and bread sticks	Rice cakes and fresh fruit	Muffins, bananas and satsuma	Fruit scones and celery and cucumber sticks	Bread sticks and crudities
<b>Lunch</b>	Veggie mince or salmon bolognaise with sweetcorn  Fruit sponge and ice cream	Veggie sausages or sausage casserole, broccoli and mashed potato  Tinned fruit and cream	Tomato pasta bake or tuna pasta bake with salad  Bananas and custard	Veggie chilli or chilli con carne with rice and peas  Pineapple upside down cake and custard	Oriental Chicken/Quorn with carrots, peas and noodles  Yogurt and biscuit
<b>Tea</b>	Crumpets and fruit	Pizza with tomatoes and cucumber and homemade cake	Tomato soup, bread and butter. Fromage frais	Teacakes and fruit	Cheese scones, cucumber, tomato and fruit salad

### Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Break</b>	Malt loaf and cucumber	Rice cakes and apple and bananas	Pancakes and satsumas	Bread and butter and apples and melon	Bagels and raisins
<b>Lunch</b>	Sausages, veggie sausages, broccoli and new potatoes  Fresh fruit salad and cream	Veggie curry or chicken curry, rice and salad  Apple crumble and custard	Quorn fillet or white fish, mashed potato and peas,  Yogurt and banana	Salmon Bolognese with cucumber and carrot sticks  Tinned fruit	Cottage pie / Veggie mince pie with carrots  Rice pudding and tinned pineapple
<b>Tea</b>	Crumpets and fruit	Teacakes and fruit	Butternut squash soup, bread and butter and fruit	Fruit scones and fromage frais	Bread, butter, cheese ham and fruit

### Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Break</b>	Rice cakes and crudities	Cheese, pineapple and bread sticks	Malt loaf and fresh fruit	Muffins, bananas and satsumas	Fruit scones and celery sticks
<b>Lunch</b>	Tomato pasta bake or tuna pasta bake with salad  Bananas and custard	Veggie sausage casserole or sausage casserole and mashed potato  Fruit sponge and cream/yoghurt	Veggie mince or salmon bolognaise with sweetcorn  Treacle sponge and custard	Quorn fillet or roast chicken, carrots, broccoli and roast potatoes  Yogurt & plain biscuit	Beef /veggie Savoury mince with cous cous / rice and peas  Pineapple upside down cake & custard
<b>Tea</b>	Bread, butter, cheese, ham and fruit	Crusty bread or muffins with jam and homemade cake	Wraps (ham, cheese, cucumber and tomato) and homemade cookies	Tomato soup, with bread and butter. Fruit	Teacakes and fruit