|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit |
| AM Snack | Fruit | Breadsticks & houmous | Fruit | Pretzels | Fruit |
| Lunch | Macaroni Cheese & peas | Sausage, mash & beans | Chicken stew | Chilli con carne & rice | Fish fingers, new potatoes & vegetables |
| Pudding | Gingerbread biscuit | Fruit whip | Homemade cake | Yoghurt | Pineapple upside down cake & custard |
| PM Snack | Rice cakes | Dried fruit | Carrot & cucumber sticks | Fruit | Crackers |
| Tea | Sausage rolls & cucumber sticks | Cream cheese bagel | Beans on toast | Ploughman’s tea | Homemade pizza |
| Pudding | Fruit | Fruit | Fruit | Fruit | Fruit |

**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit |
| AM Snack | Fruit | Cumber & carrot sticks with dip | Fruit | Pitta & houmous | Fruit |
| Lunch | Spinach & ricotta tortellini | Shepherd’s pie | Chicken korma & rice | Roast gammon, new potatoes & peas | Meatballs & vegetable cous cous |
| Pudding | Short bread biscuits | Fruit whip | Scones | Yoghurt & honey | Vanilla muffins |
| PM Snack | Crackers | Fruit | Rice cakes | Fruit | Dried fruit |
| Tea | Sandwiches | Spaghetti on toast | Pitta Platter | Cheese muffins & salad sticks | Jacket potato with cheese & beans |
| Pudding | Fruit | Fruit | Fruit | Fruit | Fruit |

**Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit |
| AM Snack | Fruit | Rice cakes | Fruit | Pretzels | Fruit |
| Lunch | Meatball pasta | Sweet & sour chicken & noodles | Fish fingers, new potatoes & vegetables | Lasagne & garlic bread | Cheese & broccoli bake, mash & vegetables |
| Pudding | Yoghurt | Apple crumble & custard | Jelly | Homemade cake | Fruit whip |
| PM Snack | Breadsticks & dip | Fruit | Dried fruit | Fruit | Vegetable sticks & dip |
| Tea | Cream cheese bagel | Sausage rolls & salad sticks | Mixed sandwiches | Homemade soup with bread | Crumpets and salad sticks |
| Pudding | Fruit | Fruit | Fruit | Fruit | Fruit |

**Week 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit | Choice of cereals, toast & fruit |
| AM Snack | Fruit | Vegetable sticks & dip | Fruit | Crackers | Fruit |
| Lunch | Spaghetti bolognaise | Sausage casserole | Pasta bake | Fish cakes, mash & vegetables | Roast chicken & all the trimmings |
| Pudding | Fruit Whip | Flapjack | Yoghurt | Jelly | Banana & custard |
| PM Snack | Rice cakes | Fruit | Breadsticks & dip | Fruit | Dried fruit |
| Tea | Jacket potato with cheese & beans | Ham & cheese muffins & salad sticks | Spaghetti on toast | Homemade pizza | Carrot & coriander soup |
| Pudding | Fruit | Fruit | Fruit | Fruit | Fruit |

**Week 4**