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| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink. |
| Snack | Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips |
| Lunch | Spaghetti Bolognese with hidden vegetables Vegetarian Option Lentil Bolognese with hidden vegetables | Salmon tray bake with baby roast potatoes & vegetables Alternative Roast Vegetable tray bake with baby roast potatoes  | Thai green Chicken and vegetable curry with RiceVegetarian Option Thai green vegetable curry with rice | Cheese and Bean Pie | Fish Goujons with chipsAlternativeVegetable batons and chips |
| Side dishes | Meals are served with portions of the following vegetables including – Carrots, peas, Courgettes, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread, Poppadoms side salads |
| Dessert | Natural Yoghurt | Seasonal Fruit salad | Natural yoghurt fruit puree | Mixed fruits | Natural Yoghurt |
| Tea | Scrambled eggs or Omelette with cheese and or ham served with salad  | Beans on toast or warm crumpets | Homemade Soup with Bread rolls | Selection of Sandwiches with Vegetable batons | Savory MuffinsWith Courgette or Sweet potato chips |

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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink. |
| Snack | Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips |
| Lunch | Tuna PastaWith sweetcorn in a white sauce topped with cheeseAlternative Vegetable pasta in a white sauce topped with cheese | Chilli with Rice Vegetarian Option 3 bean Chilli with rice | Tagliatelle with mixed herb tomato sauce | Chicken and chorizo paella Vegetarian OptionTomato and vegetable Paella | Fish Pie with carrots spinach base AlternativeVegetable pie with a spinach base  |
| Side dishes | Meals are served with portions of the following vegetables including – Carrots, peas, Courgettes, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread, Poppadoms side salads |
| Dessert | Natural Yoghurt | Seasonal Fruit salad | Natural yoghurt fruit puree | Mixed fruits | Natural Yoghurt |
| Tea | Jacket potato with Tuna or Beans | Cheese on toast or crumpets | Homemade Soup with Bread rolls | Scrambled eggs or Omelette with cheese and or ham served with salad | Selection of wraps with Vegetable batons  |

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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink. |
| Snack | Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips |
| Lunch | Chicken Tikka masala with Vegetables & rice Vegetarian OptionVegetable Tikka Masala | Salmon and broccoli pasta with a tomato and vegetable sauce Alternativebroccoli pasta with a tomato and vegetable sauce | Homemade chicken Kiev with new potatoes and vegetables Vegetarian OptionGarlic vegetables with new potatoes  | Spaghetti and meatballs in a tomato sauce with hidden vegetables Vegetarian Option Vegetarian Meatballs in a tomato sauce with hidden vegetables | Fish cakes with mash potatoAlternative Vegetable cakes with mash potato |
| Side dishes | Meals are served with portions of the following vegetables including – Carrots, peas, Courgettes, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread, Poppadoms, side salads |
| Dessert | Natural Yoghurt | Seasonal Fruit salad | Natural yoghurt fruit puree | Mixed fruits | Natural Yoghurt |
| Tea | Beans on toast | Selection of Sandwiches with Vegetable batons | Ham and or cheese Quiche with bagels | Savory Muffins with courgetti or Sweet potato Chips | Homemade Pizza with various toppings |
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| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink. |
| Snack | Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips |
| Lunch | Carbonara with courgettes and pancettaVegetarian OptionCarbonara with courgettes  | Chick pea, sweetcorn and spinach curry & Rice | Lasagne Vegetarian Option vegetable lasagne | Chicken kebab with veg pieces and savory rice Vegetarian OptionVegetable Kebabs with savory rice  | Fish Pie with spinach base with carrotsAlternativeVegetable pie with a spinach base  |
| Side dishes | Meals are served with portions of the following vegetables including – Carrots, peas, Courgettes, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread, Poppadoms, side salads |
| Dessert | Natural Yoghurt | Seasonal Fruit salad | Natural yoghurt fruit puree | Mixed fruits | Natural Yoghurt |
| Tea | Homemade Soup with Bread rolls | Selection of wraps with Vegetable batons | Jacket potato with Tuna or beans |  Ham and or cheese Quiche with bagels | Selection of Sandwiches with Vegetable batons |