



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)
Lunch	Sausages and bean Casserole with New Potatoes	Pasta primavera Wheat, Tomato	Roast Chicken with Roast Potatoes, carrots, and peas	Salmon & broccoli pasta with sweetcorn, Cheese on the side Dairy, Fish	Vegetable chilli-con-carne with rice Red beans, green beans, carrots, peas, sweetcorn
Vegetarian option	Quorn Sausages and bean Casserole with New Potatoes	Pasta primavera Broccoli, carrots, peas, sweetcorn, onions	Quorn fillets with Roast Potatoes, carrots and peas	Salmon & broccoli pasta with sweetcorn & Cheese on the side (Dairy, Fish)	Vegetable chilli-con-carne with rice Red beans, green beans, carrots, peas, sweetcorn
Pudding	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)
Afternoon snack	Rice cake and raisins	Corn rice cake, cranberries	Apricot and bread sticks	Corn rice cake and dried prunes	Mixed dried fruit
Tea	French egg toastie with cherry tomatoes (Egg, tomatoes)	Spring rolls and baked beans (Wheat)	Mixed sandwiches Cheese, ham, butter, mushroom (Dairy)	Jacket Potato with cheese and beans (Dairy)	Homemade pizza with vegetable sticks Ham, cheese, tomato, mushroom (Dairy, tomatoe)
Vegetarian Option	French egg toastie with cherry tomatoes (Egg, tomatoes)	Spring rolls and baked beans	Mixed sandwiches Cheese, ham, butter, mushroom (Dairy)	Jacket Potato with cheese and beans (Dairy)	Homemade pizza with vegetable sticks Ham, cheese, tomato, mushroom (Dairy, tomatoe)
Pudding	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits	Yogurt (Dairy)	Fresh fruits



Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)
Lunch	Moroccan Lamb with couscous	Mixed bean casserole with mashed potato and vegetables	Vegetable risotto Green beans, carrots, peas, sweetcorn	Fish pie, peas, and sweetcorn (Fish)	Poached fish, new potatoes, and peas (Fish)
Vegetarian option	Vegetables with couscous Green beans, carrots, peas, sweetcorn	Mixed bean casserole with mashed potato and vegetables	Vegetable risotto Green beans, carrots, peas, sweetcorn	Fish pie, peas, and sweetcorn (Fish)	Poached fish, new potatoes, and peas (Fish)
Pudding	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits
Afternoon snack	Rice cake and raisins	Corn rice cake, cranberries	Apricot and rice cake	Corn rice cake and dried prunes	Mixed dried fruit
Tea	Cheese on toast with cucumber sticks	Tortilla wraps Cheese, ham	Jacket Potato with tuna sweetcorn (Fish)	Mushroom risotto	Mushroom soup and toast
Vegetarian Option	Cheese on toast with cucumber sticks (Dairy)	Tortilla wraps Cheese, ham	Jacket Potato with tuna sweetcorn (Fish)	Mushroom risotto	Mushroom soup and toast
Pudding	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)
Lunch	Beef pasta Bolognese with mushrooms (Tomatoe)	Chickpea curry with rice and peas	Roast chicken, potatoes, with carrots and peas	Vegetable savoury rice Green beans, carrots, peas, sweetcorn	Tuna and vegetable pasta in tomato sauce Green beans, carrots, peas, sweetcorn
Vegetarian option	Vegetable pasta Bolognese with mushrooms (Tomatoe)	Chickpea curry with rice and peas	Roast chicken, potatoes,	Vegetable savoury rice Green beans, carrots, peas, sweetcorn	Tuna and vegetable pasta in tomato sauce Green beans, carrots, peas, sweetcorn
Pudding	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)
Afternoon snack	Rice cake and raisins	Corn rice cake, cranberries	Apricot and rice cake	Corn rice cake and dried prunes	Mixed dried fruit
Tea	Roast butternut squash soup with bread	Sweet potato wedges and beans	Panini Ham, cheese, tomato, mushrooms (Dairy, tomatoe)	Jacket potato with cheese and beans (Dairy)	Broccoli risotto
Vegetarian Option	Roast butternut squash soup with bread	Sweet potato wedges and beans	Panini Ham, cheese, tomato, mushrooms (Dairy, tomatoe)	Jacket potato with cheese and beans (Dairy)	Broccoli risotto
Pudding	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits



Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)	A selection of cereals, fruit and toast with Milk or water (Dairy, wheat)
Lunch	Vegetable lasagne Broccoli, carrots, cauliflower (Dairy)	Chicken and vegetable risotto Broccoli, carrots, cauliflower	Meatballs in tomato sauce with couscous	Cottage pie with peas and sweetcorn	Roasted fish, potato wedges and mushy peas (Fish)
Vegetarian option	Vegetable lasagne Broccoli, carrots, cauliflower (Dairy)	Vegetable risotto Broccoli, carrots, cauliflower	Quorn meatballs in tomato sauce with Couscous (Tomato)	Quorn cottage pie with peas and sweetcorn	Roasted fish, potato wedges and mushy peas (Fish)
Pudding	Yoghurt/ Yoghurt smoothie(Dairy)	Yoghurt/ Yoghurt smoothie (Dairy)	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)
Afternoon snack	Rice cake and raisins	Corn rice cake, cranberries	Apricot and rice cake	Corn rice cake and dried prunes	Mixed dried fruit
Tea	Tuna melt with cucumber sticks (Fish)	Minestrone soup & bread (Wheat, Tomato)	Pitta bread, hummus with vegetable sticks	Beans and cheese on toast (Dairy)	Vegetable pasta Broccoli, carrots, cauliflower (Tomato)
Vegetarian Option	Tuna melt with cucumber sticks (Fish)	Minestrone soup & bread (Wheat, Tomato)	Pitta bread, hummus with vegetable sticks	Beans and cheese on toast (Dairy)	Vegetable pasta Broccoli, carrots, cauliflower (Tomato)
Pudding	Fresh fruits	Yoghurt/ Yoghurt smoothie	Fresh fruits	Yoghurt/ Yoghurt smoothie (Dairy)	Fresh fruits

