

Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - served with milk or fruit juice	Toasted bread with a choice of spreads, selection of cereals with milk, fresh fruit.				
Snack	Fresh Fruit / Vegetable Platter / Milk or Water				
Lunch - served with water	Fish in batter served with potato wedges and garden peas Free From Cod Fillet Fish Fingers Semolina Alpro Vanilla Soya Dessert	Pork / Quorn sausage served with creamed potatoes and fresh carrots Pure Sunflower Spread Fruit Yoghurt Free From Mango Yoghurt	Beef / Quorn spaghetti bolognese Lemon Sponge Free From Chocolate Dessert	Chicken and mushroom pie / Vegetable pie/ Chicken Bites served with roast potatoes fresh green beans and gravy Pineapple and Ice Cream	Ham and sweetcorn carbonara / Vegetable ravioli Plain Pasta Frozen Yoghurt Fresh Fruit
Snack	Sweet / Savoury Biscuit / Raisins/ Milk or Water				
Tea - served with water Pure Sunflower Spread	Cheese Scones / Jam on Toast and cherry tomatoes	Pitta bread pockets and carrot sticks	Baked Beans on toasted bread	Assorted savoury sandwiches with cucumber sticks	Toasted teacakes Marmite on toast and banana

Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - served with milk or fruit juice	Toasted bread with a choice of spreads, selection of cereals with milk, fresh fruit.				
Snack	Fresh Fruit / Vegetable Platter / Milk or Water				
Lunch – served with water	Sausage Roll served with new potatoes, baked beans and sweetcorn Free from Cod Fillet Fish Finger Fruit Yoghurt Free From Mango Yoghurt	Homemade pizza served with tomato and basil pasta and peas with ham Sugar Free Jelly	Chicken / Quorn korma served with brown rice and naan bread Chicken Bites Rice Pudding and Raisins Raisins and Rice Cakes	Cottage / Quorn pie served with fresh carrots and sweetcorn Jacket Potato with mince and vegetables Fruit Pie and Custard Fresh Fruit	Fish cakes served with mini potato waffles and peas Angel Cake Free From Chocolate Dessert
Snack	Sweet / Savoury Biscuit / Raisins/Milk or Water				
Tea – served with water Pure Sunflower Spread	Tortilla wraps with ham/cheese and carrot sticks	Toasted crumpets with cheese/Jam and cherry tomatoes	Cheese and tomato ravioli / baked beans with bread and butter	Assorted savoury sandwiches with cucumber sticks	Crackers with cream cheese cheddar style spread and raisins

Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast – Served with milk or fruit juice	Toasted bread with a choice of spreads, selection of cereals with milk, fresh fruit.				
Snack	Fresh Fruit / Vegetable Platter / Milk or Water				
Lunch – served with water	Cheese, ham, sweetcorn and broccoli pasta Without cheese sauce	Pork /Quorn/ plain sausage casserole served with creamed potatoes, fresh green beans	Fish Pie Tuna Jacket Potato served with fresh carrots and garden peas	Lasagne served with garlic bread Jacket potato and quorn burger Pasta in a tomato based sauce	Sweet and sour chicken / Quorn served with brown rice
	Banana and Custard Alpro Vanilla Soya Dessert	Strawberry Mousse Fresh Strawberries	Fruit Yoghurt Free From Mango Yoghurt	Jam Tart Raisins and Rice Cake	Blueberry Muffins Fresh Fruit
Snack	Sweet / Savoury Biscuit / Raisins/ Milk or Water				
Tea – served with water Pure Sunflower Spread	Assorted savoury sandwiches and raisins	Bread, carrot and cucumber sticks served with a sour cream / Houmous dip	Cheese and tomato pizza Baked Beans and Bread	Cream crackers with cheese / cheddar style spread and pineapple	Tomato Soup with bread and butter

Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast – Served with milk or fruit juice	Toasted bread with a choice of spreads, selection of cereals with milk, fresh fruit.				
Snack	Fresh Fruit / Vegetable Platter / Milk or Water				
Lunch – served with water	Tomato, bacon and mushroom pasta bake served with garlic bread Jacket Potato with beans	Chicken/ Quorn Chicken Bites casserole served with roast potatoes and Yorkshire pudding	Pasta with sweetcorn, peppers and pork / Quorn sausage in a white sauce without the sauce	Beef meatballs Quorn Dippers in a tomato sauce served with creamed potatoes and mixed vegetables	Haddock in breadcrumbs served with sweet potato and garden peas Free from Cod Fillet Fish Finger
	Rice Pudding with Raisins Raisins and Rice Cake	Fruit Yoghurt Free From Mango Yoghurt	Jam Sponge and Custard Alpro Vanilla Soya Dessert	Butterscotch Angel Delight Free From Chocolate Dessert	Banana and Ice Cream
Snack	Sweet / Savoury Biscuit / Raisins/Milk or Water				
Tea – served with water Pure Sunflower Spread	Raisin and lemon pancakes with banana Cream Crackers	Bagels with cream cheese / cheddar style spread and cucumber sticks	Filled pitta bread with carrot sticks	Assorted savoury sandwiches with apple slices	Cheese / Jam on toast with cherry tomatoes

