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| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast Morning Snack** | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit |
|  |  |  |  |  |  |
| **Lunch** | Salmon & Broccoli Pasta Bake Pineapple  | Moroccan Lamb & CouscousYoghurt  | Chicken in Tomato Sauce with Pasta & Green BeansApple Crumble  | Vegetarian Cottage Pie Banana & Custard  | Gammon New Potatoes with Carrots & GravyIce Cream  |
|  |  |  |  |  |  |
| **Afternoon Snack** | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack |
|  |  |  |  |  |  |
| **Tea** | Warm Pitta Bread with Chicken & Salad Sticks Flapjacks | Fishfingers Potato Faces & Peas Apple Slices  | Ham Wraps & Salad Sticks with Houmous Melon Slices  | Chicken Goujons Bread & Butter with SalsaPear Slices  | Wholemeal Rolls with Chicken & Salad Sticks Strawberries  |
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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast Morning Snack | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit |
|  |  |  |  |  |  |
| Lunch | Quorn & Vegetable Stew & Sweet Potato Fries Yoghurt  | Chicken & Squash Korma with Rice Summer Fruit Crumble  | Shepard’s Pie with Baby Carrots Ice Cream  | Pasta Bolognese & Green Beans Raspberries & Custard | Sausage Mash & Broccoli with Gravy Mandarins  |
|  |  |  |  |  |  |
| Afternoon Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack |
|  |  |  |  |  |  |
| Tea | Cream Cheese & Ham Sandwiches with Salad Sticks Yoghurt  | Macaroni Cheese with Sweetcorn Pear Slices  | Savoury Croissants & Salad Sticks Apple Slices  | Warm Pitta Bread Tuna & Sweetcorn Mayo Banana Flapjack  | Fishcakes Bread & Butter with Salad Sticks Watermelon  |
|  |  |  |  |  |  |
| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast Morning Snack** | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit |
|  |  |  |  |  |  |
| **Lunch** | Pastry Topped Fish Pie With Green Beans Ice Cream  | Chicken Lentil Spinach & Sweet Potato Dahl with Naan Yoghurt  | Quorn Cottage Pie & Carrots Peaches  | Beef & Mushroom Stroganoff with Rice Banana & Custard  | Meatballs & Pasta in Tomato SauceYoghurt  |
|  |  |  |  |  |  |
| **Afternoon Snack** | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack |
|  |  |  |  |  |  |
| **Tea** | Pitta Bread with Ham Salad Sticks & Houmous Strawberries  | Bacon & Cheese filled Potatoes & Sour Cream Apple Slices  | Fish Fingers Bread & Butter Salad Sticks & SalsaMelon  | Courgette Cherry Tomato & Feta Pasta Bake Chocolate Cake  | Chicken Goujons & Potato Faces with Peas Pear Slices  |
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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast Morning Snack** | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit | Cereal/toast/fruit |
|  |  |  |  |  |  |
| **Lunch** | Quorn Tomato & Basil Pasta Yoghurt  | Pastry Topped Beef & Onion Pie with Carrots Mandarins  | Lamb Casserole & Couscous Angel Delight  | Thai Green Curry & Rice Yoghurt | Fisherman’s Pie & Broccoli Summer Fruit Crumble |
|  |  |  |  |  |  |
| **Afternoon Snack** | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack | Vegetable Sticks & a Carb Snack |
|  |  |  |  |  |  |
| **Tea** | Fishcakes Potato Wedges & Peas Watermelon | Ham & Cream Cheese Wraps with Cucumber Sticks Fruit Cake | Macaroni Cheese & Broccoli Pear Slices  | Pitta Bread Ham & Salad Sticks with Houmous Banana Flapjack | Savoury Croissants with Salad Sticks Apple Slices  |
|  |  |  |  |  |  |