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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 & Couscous  Yoghurt | Chicken in Tomato Sauce with Pasta & Green Beans  Apple Crumble | Vegetarian Cottage Pie  Banana & Custard | Gammon New Potatoes with Carrots & Gravy  Ice 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 Salsa  Pear 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 Sauce  Yoghurt |
|  |  |  |  |  |  |
| **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 & Salsa  Melon | 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 |
|  |  |  |  |  |  |