



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Choice of wholegrain Cereals or Whole meal toast	Choice of wholegrain Cereals or Whole meal toast	Choice of wholegrain Cereals or Whole meal toast	Choice of wholegrain Cereals or Whole meal toast	Choice of wholegrain Cereals or Whole meal toast
<b>Morning Snack</b>	Fresh Fruit	Cheese Sticks and Crackers	Fresh Fruit	Teacake	Fresh Fruit
<b>Lunch</b>	Baked Beans on Whole meal Toast	Salmon Fish Fingers, Pitta Pockets Served with Tartare Sauce and Cucumber	Chicken or Egg Mayonnaise Whole meal Rolls Served With Carrot sticks and Cherry Tomatoes	Tuna, Sweetcorn and Cucumber Tricolour Pasta Salad with Carrot Batons	Spinach Wrap with Ham or Cheese and Spring Onion in mayo with Pepper Sticks and Houmous
<b>Vegetarian Lunch</b>	Baked Beans on Whole meal Toast	Potato & Leek finger Pitta Pockets Served With Tartare Sauce & Cucumber	Egg Mayonnaise or Cheese Whole meal Rolls Served With Carrot sticks and cherry tomatoes	Pepper, Sweetcorn and Cucumber Tricolour Pasta Salad with Carrot Batons	Spinach Wrap with Cheese and Spring Onion mayonnaise, Houmous and Pepper Sticks
<b>Dessert</b>	Fresh Fruit or Yogurt	Fresh Fruit or Yogurt	Fresh Fruit or Yogurt	Fresh Fruit or Yogurt	Fresh Fruit or Yogurt
<b>Afternoon Snack</b>	Houmous with Pitta and Cucumber	Fresh Fruit	Salad Sticks and tzatziki with Breadsticks	Fresh Fruit	Breadsticks with boiled egg and tomatoes
<b>Dinner</b>	Turkey Meatballs in tikka sauce served with mixed rice	Lasagne with Green Beans	Pork & Mushroom Stroganoff Served With Mixed Rice & Green Beans	Jacket Potato Cheese, Baked Beans & Mixed Salad	Roast Turkey Roast Potatoes, Stuffing & Seasonal Vegetables
<b>Vegetarian Tea</b>	Vege-balls in tikka sauce served with mixed rice	Vege-mince Lasagne With Green Beans	Quorn & Mushroom Stroganoff Served With Mixed Rice and Green Beans	Jacket Potato Cheese, Baked Beans & Mixed Salad	Roast Quorn fillet, Roast Potatoes, Stuffing & Seasonal Vegetables
<b>Dessert</b>	Pineapple Fruit Jelly with Cream	Chocolate Sponge and custard	Peaches with Peach Yogurt	Arctic Roll	Rice Pudding