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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **7.30am-8am** | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit |
| **Snack**  **9.15/9.45am** | Buttered crackers with cream cheese and cucumber | Buttered toast with blueberries | Breadsticks with cherry tomatoes and cucumber | Toasted pitta bread with banana slices | Toasted crumpets with pineapple |
| **Lunch**  **11.45/12.15pm** | Fish fingers, beans and mashed potato  Peaches & apricots | Sausage & pepper casserole, mashed potatoes & carrots  Chocolate pudding | Roast beef, Yorkshire pudding & seasonal vegetables  Melon & apple slices | Salmon & sweetcorn pasta bake with garlic bread  Fruit crumble & custard | Beef chilli, rice & poppadom  Banana & apple slices |
| **Tea**  **(Snack)**  **3pm** | Chicken sandwiches & cherry tomatoes  Orange & apple slices | Chunky vegetable soup & crusty bread  Fromage frais | Tuna, cheese & sweetcorn wraps with cucumber  Jelly & cream | Crackers with ham & cheese slices  Orange and apple slices | Beans on toast with grated cheese  Melon & Kiwi |
| **Snack**  **5pm-5.30pm** | Buttered pancakes & mandarins | Buttered bread & apple slices | Rice cakes with cream cheese & cucumber | Chapatti & pepper sticks | Buttered oatcakes & fruit |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **7.30am-8am** | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit |
| **Snack**  **9.15/9.45am** | Rice cakes with cream cheese & cherry tomatoes | Buttered scones & apple slices | Toasted buttered muffins & banana slices | Buttered toast & grapes | Pitta bread with cheese & cucumber slices |
| **Lunch**  **11.45/12.15pm** | Spaghetti bolognaise with garlic bread  Fromage frais | Fish pie & mashed potato  Orange & peach slices | Vegetable curry with rice & naan bread  Apple & cinnamon sponge with custard | Roast chicken with seasonal vegetables & mashed potatoes  Kiwi & pear slices | Baked ham with peas, carrots, sweetcorn and mashed potatoes  Melon & grapes |
| **Tea**  **(Snack)**  **3pm** | Smoked salmon pâté on crackers & cucumber slices  Pineapple & melon | Carrot & tomato soup with bread fingers  Apple & orange | Beans on toast  Fromage frais | Ham & cheese sandwiches with pepper sticks  Jelly & ice cream | Ploughman’s tea & bread sticks  Peaches & pears |
| **Snack**  **5pm-5.30pm** | Wholemeal bread fingers & grapes | Rice cakes with cream cheese & cucumber | Bread sticks & grapes | Buttered pancakes & apples | Bagel & cream cheese with carrot sticks |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **7.30am-8am** | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit |
| **Snack**  **9.15/9.45am** | Buttered toast & apple slices | Bread sticks, cucumber & cheese slices | Toasted bagels with cream cheese & cherry tomatoes | Buttered crackers, cheese & cucumber slices | Buttered crispbread & orange slices |
| **Lunch**  **11.45/12.15pm** | Creole cod with savoury rice  Banana slices & pineapple | Spaghetti bolognaise with garlic bread  Apricot pudding & custard | Ham & sweetcorn potato hot pot  Fromage frais | Lamb stew with potatoes & peas  Chocolate whip | Roast pork dinner with seasonal vegetables  Ice cream & stewed fruit |
| **Tea**  **(Snack)**  **3pm** | Ham & cheese wraps with cucumber slices  Peaches & cream | Barbecued beans on toast  Banana & grapes | Winter vegetable soup & croutons  Jelly & fruit | Tuna sandwich & cherry tomatoes  Mandarins & pears | Cottage cheese on crackers with cucumber slices  Banana iced slice |
| **Snack**  **5pm-5.30pm** | Ryvita & cream cheese with pepper slices | Buttered pancakes & grapes | Oat cakes with grapes | Breadsticks & pepper sticks | Rice cakes & carrot sticks |

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **7.30am-8am** | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit | Cereal with milk & a variety of fruit |
| **Snack**  **9.15/9.45am** | Bread sticks, grapes & cheese slices | Buttered pancakes & apple slices | Buttered toast & orange slices | Rice cakes with cream cheese & melon slices | Rice cakes with apple slices |
| **Lunch**  **11.45/12.15pm** | Salmon fish pie with carrot & swede mash  Ice cream cone | Roast chicken with seasonal vegetables & mashed potato  Apple crumble & custard | Lamb & sweet potato curry with rice & naan bread  Melon & apricots | Sausage in a mushroom sauce with baked potatoes  Natural yoghurt & fruit puree | Fish cakes, beans & mashed potato  Chocolate whip |
| **Tea**  **(Snack)**  **3pm** | Ham & tomato pizza slices  Apple & pear slices | Egg pâté on crackers with cucumber  Fromage frais | Cheese & tomatoes on toast  Pears & pineapple | Butternut squash & sweet potato soup with croutons  Apricots & Grapes | Cheese & pickle sandwiches & pepper sticks  Banana flapjacks |
| **Snack**  **5pm-5.30pm** | Carrot & cucumber sticks with buttered rice cakes | Chapatti & cucumber with hummus | Buttered scones & grapes | Pitta bread with apple slices | Wholemeal bread fingers with carrot sticks |