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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast****7.30am-8am** | Choice of cereals with milk  | Choice of cereals with milk | Choice of cereals with milk | Choice of cereals with milk | Choice of cereals with milk |
| **Snack****9am-10:30am** | Rice cakes with cream cheese and cherry tomatoes | Bagels with cream cheese and banana | Crackers with cheese and cucumber sticks | A selection of toast with cheese and pepper sticks | Crispbreads with carrot sticks and apple slices |
| **Lunch****11.30am-1pm** | Salmon pasta with garlic breadApples & grapes | Chicken curry with rice & naan breadBananas & peaches | Sausage, mash potato, peas and gravyMelon slices | Spaghetti bolognese with garlic breadMandarins & pears | Roast chicken dinner, mash potato and seasonal vegetablesFromage frais |
| **Tea****(Snack)****2:30pm-4pm** | Spaghetti hoops on toastFruit cocktail | Vegetable soup with crusty breadKiwi & pineapple | Ham and cheese pizza with crudities Apricots & mango | Tuna sandwiches with cruditiesApple & bananas | Ploughman’s tea with bread sticksSatsumas & grapes |
| **Snack****5pm-5.30pm** | Oatcakes with olive spread and pepper sticks | Bread sticks with carrot sticks | Rice cakes with oranges | Bread fingers with cherry tomatoes  | Crackers with olive spread and cucumber |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast****7.30am-8am** | Choice of cereals with milk | Choice of cereals with milk | Choice of cereals with milk | Choice of cereals with milk | Choice of cereals with milk |
| **Snack****9am-10:30am** | Crackers with cheese and cucumber sticks  | Pitta bread with carrot sticks and hummus | Crumpets with pepper sticks | Crispbreads with carrot sticks and apple slices | Pancakes with grapes & apple slices |
| **Lunch****11.30am-1pm** | Lamb and sweetpotato curryFromage frais | Fish fingers, mash potato and baked beansBananas & grapes | Chicken & bacon carbonara with Garlic breadApple & pears | Boiled ham, mash potato, peas & parsley sauceRice pudding | Beef chilli con carnewith rice Peaches & pineapple |
| **Tea****(Snack)****2.30pm-4pm** | Ham & cream cheese wraps with cruditiesMelon slices | Creamy leek & potato soup with bread fingersKiwi & oranges  | Hot dogs with crudities Peaches with squirty cream | Cheesy beans on toastMandarins & pears  | Tuna & sweetcorn sandwiches with cruditiesMango & pineapple |
| **Snack****5pm-5.30pm** | Bread sticks with carrot sticks | Rice cakes with oranges | Crackers with cucumber sticks | Chapatti with tomatoes | Oatcakes with olive spread and pepper sticks |

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast****7.30am-8am** | Choice of cereals with milk | Choice of cereals with milk | Choice of cereals with milk | Choice of cereals with milk | Choice of cereals with milk |
| **Snack****9am-10:30am** | Bread sticks, grapes & cheese slices | Chapatti & cucumber with hummus | A selection of toast with cheese & carrot sticks | Oatcakes with cream cheese & pepper sticks | Rice cakes with apple slices |
| **Lunch****11:30am-1pm** | Vegetable Pasta bakeApples & Pears | Chicken Biryani Fromage Frais | Cheese and potato pie with spaghetti hoopsMelon slices | Fish cakes with mash potato and baked beansBananas & peaches | Cottage pie with mixed vegetablesApricots & grapes |
| **Tea****(Snack)****2:30pm-4pm** | Cheese & tomato pizza with cruditiesFruit cocktail | Cheesy beans on toastApple & pears | Hot dogs with cruditiesMandarins & peaches | Creamy Leek and potato soup with crusty breadKiwi & oranges | Tuna sandwiches with cruditiesMango & pineapple |
| **Snack****5pm-5.30pm** | Rice cakes with carrot & cucumber sticks  | Bread sticks with oranges | Crackers with pepper sticks | Pitta bread with cucumber & apple slices | Wholemeal bread fingers with carrot sticks |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast****7.30am-8am** | Choice of cereals with milk | Choice of cereals with milk | Choice of cereals with milk | Choice of cereals with milk | Choice of cereals with milk |
| **Snack****9am-10:30am** | Rice cakes, cucumber & cheese slices | A selection of toast with crudities | Toasted bagels with cream cheese & cherry tomatoes | Crackers with cheese & cucumber slices | Crispbreads with carrot sticks and apple slices |
| **Lunch****11.30am-1pm** | Sweet and sour chicken with RiceBananas & peaches | Fish pie with mixed vegetables Mandarins & pears | Macaroni cheeseFromage frais | Roast chicken dinner, mash potato and seasonal vegetablesRice pudding | Shepherds pie with mixed vegetables Apples & grapes |
| **Tea****(Snack)****2:30pm-4pm** | Tuna sandwiches with cruditiesPeaches with squirty cream | Cheese on toast Banana & grapes | Winter vegetable soup & bread fingersFruit cocktail | Spaghetti hoops on toastMandarins & pears | Vegetable pizza with cruditiesMelon slices |
| **Snack****5pm-5.30pm** | Plain Ryvita & cream cheese with pepper sticks | Bread sticks with cucumber sticks | Oat cakes with grapes | Rice cakes & carrot sticks | Bread fingers with apple slices |