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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 bread  Apples & grapes | Chicken curry with rice & naan bread  Bananas & peaches | Sausage, mash potato, peas and gravy  Melon slices | Spaghetti bolognese with garlic bread  Mandarins & pears | Roast chicken dinner, mash potato and seasonal vegetables  Fromage frais |
| **Tea**  **(Snack)**  **2:30pm-4pm** | Spaghetti hoops on toast  Fruit cocktail | Vegetable soup with crusty bread  Kiwi & pineapple | Ham and cheese pizza with crudities  Apricots & mango | Tuna sandwiches with crudities  Apple & bananas | Ploughman’s tea with bread sticks  Satsumas & 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 sweet  potato curry  Fromage frais | Fish fingers, mash potato and baked beans  Bananas & grapes | Chicken & bacon carbonara with Garlic bread  Apple & pears | Boiled ham, mash potato, peas & parsley sauce  Rice pudding | Beef chilli con carne  with rice  Peaches & pineapple |
| **Tea**  **(Snack)**  **2.30pm-4pm** | Ham & cream cheese wraps with crudities  Melon slices | Creamy leek & potato soup with bread fingers  Kiwi & oranges | Hot dogs with crudities  Peaches with squirty cream | Cheesy beans on toast  Mandarins & pears | Tuna & sweetcorn sandwiches with crudities  Mango & 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 bake  Apples & Pears | Chicken Biryani  Fromage Frais | Cheese and potato pie with spaghetti hoops  Melon slices | Fish cakes with mash potato and baked beans  Bananas & peaches | Cottage pie with  mixed vegetables  Apricots & grapes |
| **Tea**  **(Snack)**  **2:30pm-4pm** | Cheese & tomato pizza  with crudities  Fruit cocktail | Cheesy beans on toast  Apple & pears | Hot dogs with crudities  Mandarins & peaches | Creamy Leek and potato soup with crusty bread  Kiwi & oranges | Tuna sandwiches  with crudities  Mango & 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 Rice  Bananas & peaches | Fish pie with  mixed vegetables  Mandarins & pears | Macaroni cheese  Fromage frais | Roast chicken dinner, mash potato and seasonal vegetables  Rice pudding | Shepherds pie with  mixed vegetables    Apples & grapes |
| **Tea**  **(Snack)**  **2:30pm-4pm** | Tuna sandwiches  with crudities  Peaches with squirty cream | Cheese on toast  Banana & grapes | Winter vegetable soup & bread fingers  Fruit cocktail | Spaghetti hoops on toast  Mandarins & pears | Vegetable pizza with crudities  Melon 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 |