

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|---|---|--|--|--|
| Breakfast 7.30am-8am | Cereal | Cereal | Cereal | Cereal | Cereal |
| 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 & pulse 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 |
| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast 7.30am-8am | Cereal | Cereal | Cereal | Cereal | Cereal |
| 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 bolognese 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 | Sausage & assorted bean casserole with 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 Jelly & ice cream | Ploughman's tea & bread sticks Peaches & pears |
| Snack 5pm-5.30pm | Wholemeal bread fingers & grapes | Rice cakes & cream cheese | Bread sticks & grapes | Buttered pancakes & apples | Bagel & cream cheese with carrot sticks |

Milk & water offered throughout the day.

Alternatives are provided for all allergies & dietary requirements

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|--|--|--|--|--|
| Breakfast 7.30am-8am | Cereal | Cereal | Cereal | Cereal | Cereal |
| 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 bolognese 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 | Sausage rolls & cherry tomatoes Peaches & cream | Barbecued beans on toast Banana & grapes | Winter vegetable soup & croutons Jelly & fruit | Tuna sandwich & cherry tomatoes Mandarins & pears | Mackerel pâté 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 & cheese slices |
| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast 7.30am-8am | Cereal | Cereal | Cereal | Cereal | Cereal |
| 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 | Lamb & sweet potato curry with rice & naan bread Ice cream cone | Roast chicken with seasonal vegetables & mashed potato Rice pudding | Salmon fish pie with carrot & swede mash Melon & apricots | Cottage pie with carrots & peas Natural yoghurt & fruit puree | Fish cakes, beans & mashed potato Chocolate whip |
| Tea | Ham & tomato pizza slices | Smoked salmon pâté on crackers with cucumber | Crackers, ham, cheese & cucumber slices & tomatoes | Butternut squash & sweet potato soup with | Cheese sandwiches & pepper sticks |

Milk & water offered throughout the day.

Alternatives are provided for all allergies & dietary requirements

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| (Snack) 3pm | Apple & pear slices | Fromage frais | Pears & pineapple | croutons Chocolate brownie | White chocolate & apricot crispy cakes |
| Snack 5pm-5.30pm | Carrot & cucumber sticks with battered rice cakes | Chapatti & cucumber with hummus | Buttered scones & grapes | Pitta bread with apple slices | Wholemeal bread fingers with carrot sticks |

Milk & water offered throughout the day.

Alternatives are provided for all allergies & dietary requirements