

| Week1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|---------------------------|------------------------------------|---------------------------------|---------------------------------|--------------------------------|
| Breakfast | Porridge with honey | Wholemeal toast/milk | Scrambled eggs on toast | Cereal mix | Croissant with jam/milk |
| Lunch | Chicken Lasagne | Tomato pasta and garlic bread | Mushroom risotto and peas | Vegetable curry and rice | Chicken soup |
| Dessert | Mary Berry's banana bread | Chocolate lava cake with ice cream | Golden syrup flapjacks | Muffins | Squidgy chocolate pear pudding |
| Tea | Cheese and onion quiche | Tuscan sausage gnocchi and salad | Vegetable stew with mash potato | Sweet potato and chickpea curry | Sausage and lentil stew |
| Snack am/pm | Grapes/milk | Apples/milk | Cheese crackers/milk | Melon/milk | Peppers/milk |

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|-------------------------|------------------------|--------------------------------------|---------------------|-----------------------------------|
| Breakfast | Garlic bread/honey milk | Croissant/milk | Porridge with raisins | Omelette paratha | Cereal mix |
| Lunch | Chicken and leek pie | Creamy mushrooms pasta | Chilli con carne with rice and salad | Creamy chicken orzo | Hearty pasta soup and pitta bread |
| Dessert | Chocolate concrete | Apple bread pudding | Easy chocolate loaf cake | Lemon Drizzle cake | Chocolate mousse |

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|-------------|---------------------------|---------------------------------------|---------------------------------------|-----------------------|----------------|
| Tea | Egg Fried rice with salad | Slow cooker meatballs in tomato sauce | Spinach and mushroom gnocchi frittata | Pasta frittata | Crumpet pizzas |
| Snack am/pm | Rice cakes/milk | Carrots/milk | Clementine/milk | Cucumbers sticks/milk | Peach/milk |

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|----------------------|--------------------------|--------------------------------|--|
| Breakfast | Cereal mix | Porridge with banana | Toast with jam/milk | Boiled eggs | Yogurt with fruits |
| Lunch | Smokey sausage casserole | Vegetable risotto | Chicken alfredo | Potato and Pea Curry with rice | Summer in winter chicken with couscous |
| Dessert | Chocolate Croissant bread and butter pudding | Banana mousse | Chocolate fridge cake | Doughnuts | Blueberry and orange traybake pancake |
| Tea | Sweet potato curry | Creamy salmon pasta | Vegetable noodle pancake | Breaded chicken nuggets | Carrot and sweetcorn fritters |
| Snack am/pm | Sweetcorn/milk | Orange/milk | Plum/milk | Watermelon/milk | Biscuits/milk |