



Menu 1



	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea
<u>Monday</u>	Cereal or toast Milk	Fruit	Homemade lentil and veg soup served with wholemeal bread Natural Yogurt & Fruit puree	Crackers cheese and grapes & milk	Mini Chicken fajitas-with wrap Fruit Crumble
<u>Tuesday</u>	Cereal or toast Milk	Fruit	Baked Potatoes with a variety of fillings- served with a side of mixed vegetable Custard with banana	Vegetable sticks with dip & milk	Homemade sweet + sour pork with vegetables and boiled rice Watermelon
<u>Wednesday</u>	Cereal or toast Milk	Fruit	Tuna Pasta in a tomato sauce with sweetcorn Greek Yoghurt + fruit	Pancakes, blueberries & milk	Stewed sausages served with boiled potatoes and vegetables Fruit
<u>Thursday</u>	Cereal or toast Milk	Fruit	Cauliflower, Broccoli + potato bake with a creamy cheese sauce Sugar Free Angel delight with berries	Fruit Loaf + apple & milk	Mediterranean Chicken with rice + vegetables Pineapple
<u>Friday</u>	Cereal or toast Milk	Fruit	Cheese/Tuna mayo wholemeal rolls with vegetable sticks Rice Pudding	Homemade Fruit Flapjack & milk	Homemade Salmon Fish Pie + peas Fresh Fruit



Menu 2



	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea
<u>Monday</u>	Cereal or toast Milk	Fruit	Tuna + chilli cous with sweetcorn + cheese Natural Yogurt and fruit puree	Fruit loaf + apple & milk	Lamb Hot Pot and vegetables Rice pudding
<u>Tuesday</u>	Cereal or toast Milk	Fruit	Chicken Savoury Rice with vegetables Fruit Salad	Homemade Blueberry muffins & milk	Homemade burgers, carrot waffles + baked beans Greek Yogurt + fruit
<u>Wednesday</u>	Cereal or toast Milk	Fruit	Wholemeal Rolls with Cheese/Chicken, Vege sticks & Cous Cous Fruit Crumble	Melba Toast with soft cheese and grapes & milk	Ham and Mascarpone pasta with peas Melon
<u>Thursday</u>	Cereal or toast Milk	Fruit	Butternut Squash soup with Wholemeal bread Natural Yogurt + fruit	Crisp breads and banana & milk	Sheperd's pie with mixed vegetables Fruit Salad
<u>Friday</u>	Cereal or toast Milk	Fruit	Spaghetti Bolognese with added peppers Custard + banana	Crackers, cheese and apple & milk	Chicken, baby potatoes and mixed vegetable Greek yoghurt + fruit

Menu 3



	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea
<u>Monday</u>	Cereal or toast Milk	Fruit	Carrot and coriander soup with wholemeal bread Natural Yogurt with fruit puree	Pancakes blueberries & milk	Sausage, baby potato and mix vegetables Melon
<u>Tuesday</u>	Cereal or toast Milk	Fruit	Ham/cheese wraps with vegetable sticks Fruit Crumble	Fruit loaf + apple & Milk	Pesto Pasta with chicken & Cherry tomatoes Fruit Salad
<u>Wednesday</u>	Cereal or toast Milk	Fruit	Macaroni cheese with vegetables Oranges	Homemade Cheese scone and apple & Milk	Beef Chilli with rice & vegetables Sugar free Angel delight + berries
<u>Thursday</u>	Cereal or toast Milk	Fruit	Salmon Fish cakes, Vegetables and Carrot waffles Sugar free Rice pudding	Crackers, cheese and grapes & Milk	Creamy Tomato pasta with vegetables and Garlic bread Watermelon
<u>Friday</u>	Cereal or toast Milk	Fruit	Baked potato with a variety of fillings served with corn on the cob Custard with fruit	Rice Cakes, banana & milk	Beef stew, potatoes and vegetables Greek Yoghurt with fruit puree

Menu 4

	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea
<u>Monday</u>	Cereal or toast Milk	Fruit	Fish fingers, Carrot Waffles and vegetables Rice Pudding	Banana & Milk	Meatball + vegetable pasta Greek Yogurt + fruit
<u>Tuesday</u>	Cereal or toast Milk	Fruit	Carbonara with peas Custard	Melba toast, Cheese, grapes and milk	Salmon Fish Pie with peas Watermelon
<u>Wednesday</u>	Cereal or toast Milk	Fruit	Homemade Tomato Soup with Cheese Scone Natural Yoghurt + fruit	Vegetable sticks with a tomato dip & milk	Homemade Chicken + vegetable curry with rice Fruit Salad
<u>Thursday</u>	Cereal or toast Milk	Fruit	Chicken mayo with sweetcorn /Cheese wholemeal rolls + vegetable sticks Fruit Crumble	Bread sticks, carrot sticks, Hummus & Milk	Baked Potatoes with a variety of fillings served with a side of vegetable Sugar free Jelly with berries
<u>Friday</u>	Cereal or toast Milk	Fruit	Homemade Pizza served with carrot waffles Greek Yogurt + fruit	Fruit loaf + apple & milk	Beef Mince served with peas & mash potatoes Fruit Salad