



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Grapes, Cheese and Cracker	Fresh Fruit and Homemade Scone	Houmous, Cucumber, Carrot and Breadstick	Fresh Fruit and Homemade Oat Cookie	Fresh Fruit and Fruit Loaf
Lunch	Homemade Cheese and Tomato Pizza with Salad Sticks	Chicken Curry With Rice and Sweetcorn	Pasta Bolognese with Garlic Bread and Corn on the Cob	3 Bean Chilli with Rice and Broccoli	Fish Pie with Peas and Broccoli
Pudding	Banana and Blueberry Cake	Greek Yoghurt, Honey and Fresh Fruit	Oat and Raisin Cookie	Strawberries and Cream	Honey Flapjack
Tea	Pesto Pasta	Wraps	Cheese and Vegetable Muffins	Pastry Pinwheels	Homemade Scones with Homemade Jam and Fruit
Second Course	Pear	Melon	Orange	Apple	Banana



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fresh Fruit and Fruit Loaf	Fresh Fruit and Homemade Biscuit	Fresh Fruit and Rice Cake	Houmous, Cucumber, Carrot and Breadstick	Cheese, Grapes and Cracker
Lunch	Vegetable Curry with Couscous and Naan Bread	Chicken Pasta Bake with Broccoli and Carrots	Sausage, Mash, Peas and Gravy	Chicken and Vegetable Stir Fry with Prawn Crackers	Salmon, Prawn and Vegetable Fried Rice
Pudding	Ice Cream and Fresh Fruit	Lemon and Poppy Seed Cake	Smoothie Ice Lollies	Fresh Fruit Salad	Banana and Blueberry Cake
Tea	Pastry Pinwheels	Sandwiches with a choice of fillings	Pitta with Cheese and Ham	Crumpets and Cheese	Homemade Pizza with Cucumber
Second Course	Orange	Banana	Apple	Pear	Melon



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fresh Fruit and Rice Cake	Houmous, Cucumber, Carrot and Breadstick	Fresh Fruit and Cheese Cracker	Grapes, Cheese and Cracker	Fresh Fruit and Homemade Oat Cookie
Lunch	Very Veggie Pasta with Garlic Bread and Corn on the Cob	Sausage Stroganoff with Mash Potato and Broccoli	Beef and Vegetable Lasagne with Corn on the Cob	Chicken, Coconut and Pea Curry with Couscous	Fish Cakes with Wedges, Peas and Beans
Pudding	Oat and Raisin Cookie	Fresh Fruit Salad	Ice Cream and Fresh Fruit	Banana and Blueberry Cake	Greek Yoghurt, Honey and Fresh Fruit
Tea	Crumpets with Cheese	Homemade Scones with Homemade Jam and Fruit	Sausage, Lentil and Vegetable Rolls	Wraps	Cheese and Vegetable Muffins
Second Course	Apple	Orange	Banana	Pear	Satsuma



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fresh fruit and Cheese Cracker	Grapes, Cheese and Cracker	Fresh Fruit and Homemade Scone	Fresh Fruit and Rice Cake	Houmous, Cucumber, Carrots and Breadstick
Lunch	Superhero Mac and Cheese with Corn on the Cob	Meatballs with Pasta, Peas and Broccoli	Butter Chicken with Rice and Sweetcorn	Chicken Stroganoff with Couscous, Broccoli and Carrots	Fish Fingers, Wedges, Peas and Beans
Pudding	Honey Flapjack	Lemon and Poppyseed Cake	Banana and Blueberry Cake	Smoothie Ice Lollies	Strawberries and Cream
Tea	Pitta with Ham and Cheese	Homemade Pizza with Cucumber	Sandwiches with a variety of fillings	Crumpets with Cheese	Pastry Pinwheels
Second Course	Banana	Pear	Melon	Satsuma	Apple



Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Houmous, Cucumber, Carrot and Breadstick	Fresh Fruit and Malt Loaf	Grapes, Cheese and Cracker	Fresh Fruit and Homemade biscuit	Fresh Fruit and Rice Cake
Lunch	Vegetable Lasagne with Garlic Bread and Corn on the Cob	Homemade Chicken and Vegetable Nuggets with Wedges, Broccoli and Sweetcorn	Chicken Mac and Cheese with Garlic Bread & Sweetcorn	Build your own Fajita with Wedges and Corn on the Cob	Coconut Fish Curry with Rice and Sweetcorn and Peas
Pudding	Lemon and Poppyseed cake	Ice Cream with Fresh Fruit	Strawberries and Cream	Oat and Raisin Cookie	Smoothie Ice Lollies
Tea	Wraps	Pesto Pasta	Sausage, Lentil and Vegetable Rolls	Pitta with Ham and Cheese	Cheese Omelette with Cucumber
Second Course	Melon	Apple	Satsuma	Banana	Pear