

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Selection of Cereals, Yoghurt, Toast with Spreads				
LUNCH		Spaghetti Campania served with cheesy bread	Diced egg salad with baby potatoes	Jacket potatoes with cheese and coleslaw	Sausage casserole with brown rice	Tomato and basil tart with mixed salad
	Vegetarian option				Quorn sausage	
	Protein	Cheese	Eggs	Cheese	Sausage/Quorn	Mozzarella cheese
	Carbohydrates	Spaghetti bread	Potatoes	Potatoes	Rice	Pastry
	Vegetables	Onion, carrot & green pepper	Cos lettuce, cucumber, beetroot, radish, spring onion	Cabbage, onion, carrot	Carrot, onion, mushrooms	Tomatoes
PUDDING		Peaches with ice-cream	Apple & rhubarb crumble with natural yoghurt	Ginger cake and vanilla sauce	Cheesecake topped with fresh strawberries	Syrup sponge with custard
	Alternative	Selection of Fresh Fruit or Yoghurt				
SNACK		Potato wedges and dips	Pasta bows in tomato sauce topped with cheese	Oat cookies with fresh melon	Ice cream cones	Banana and apricot Chelsea buns
	Alternative	Selection of fresh fruits				

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Selection of Cereals, Yoghurt, Toast with Spreads				
LUNCH		Roasted pepper pasta with grated parmesan	Crispy potato and ricotta fritters with mixed salad	Chickpea stew with mashed garlic potatoes	Fish fingers with chips and baked beans	Golden parmesan chicken with garlic mayonnaise & rice & kidney bean salad
	Vegetarian option				Vegetable fingers	
	Protein	Cheese	Cheese	Chickpeas	Fish & beans	Eggs, cheese, kidney beans & chicken
	Carbohydrates	Pasta	Potatoes	Potatoes	Potatoes	Brown rice, bread
	Vegetables	Red peppers, yellow peppers, onion and tomatoes	Iceberg lettuce, tomatoes & cucumber	Courgettes, sweet corn, onion, carrots	Potatoes	Spring onions, cucumber, celery
		Strawberry fruit flan	Choc chip muffins	Fresh fruit salad with natural yoghurt	Bakewell tart with evaporated milk	Eves' pudding with custard
	Alternative	Selection of Fresh Fruit or Yoghurt				
SNACK		Toasted muffins with bake beans	Apple, rhubarb & plum jam tart with ice cream	Carrot cake	Margherita pizza	Doughnut muffins
	Alternative	Selection of Fresh Fruit or Yoghurt				

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Selection of Cereals, Yoghurt, Toast with Spreads				
LUNCH		Rose's pink spaghetti	Sausage & bean ragout with warm garlic bread	Cheese flan, homemade coleslaw with potato wedges	Cauliflower korma & rice	Fruity French bread pizza with salad
	Vegetarian Option		Quorn sausage			Feta & tomato french bread
	Protein	Cheese	Cannellini beans, Quorn	Cheese	Cream	Cheese, ham
	Carbohydrates	Pasta	Bread	Potatoes, pastry	Rice	Bread, potatoes
	Vegetables	Onion	Tomatoes, Onion	Cabbage, onion & carrots	Cauliflower, onions	Green peppers, tomato, lettuce, cucumber, tomato, & beetroot
PUDDING		Tarte tatin with single cream	Jelly, fruit and ice cream	Syrup sponge & custard	Gypsy tart with double cream	Lemon meringue pie
	Alternative	Selection of Fresh Fruit or Yoghurt				
SNACK		Pitta bread homemade dips & apple chunks	Crumpets with butter & jam	Pasta bows in tomato sauce with cheese	Peaches and ice cream	Chocolate sponge & chocolate sauce
	Alternative	Selection of Fresh Fruit or Yoghurt				

WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Selection of Cereals, Yoghurt, Toast with Spreads				
LUNCH		Linguine with pesto sauce	Pepper & potato tortilla with potato salad and peas	Cottage pie with garden peas and diced swede	Roast vegetables & houmous pie with mixed salad	Chicken sausages with chips and sweetcorn
	Vegetarian option			Quorn		Quorn sausages
	Protein	Pine nuts, Parmesan cheese	Cheese, eggs	Lamb, cheese	Chickpeas	Chicken
	Carbohydrates	Pasta	Potatoes	Potatoes	Chickpeas, pastry	Potatoes
	Vegetables	Mushrooms	Onions, red/green peppers, peas	Onion, carrots, Swede, peas	Broccoli, courgettes, red/yellow peppers, cos lettuce, cucumber, onions, tomatoes	Sweetcorn
PUDDING		Bananas and custard	Manchester tart	Boston banoffee pie	Trifle	Fresh fruit salad & crème fraiche
	Alternative	Selection of Fresh Fruit or Yoghurt				
SNACK		Crackers with soft cheese and carrot & cucumber sticks	Fruit crumble & natural yoghurt	Selection of sandwiches & chocolate crispy cake	Cinnamon & orange crisps with fresh fruit	Scones homemade
	Alternative	Selection of Fresh Fruit or Yoghurt				