

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
<b>LUNCH</b>	Cottage Cheese & Tomato Fusilli Pasta 2, 7	Lentil Soup with French Bread (soft bread Tigger Room) 1, 2, 7	Cauliflower & Potato Gratin with Fresh Green Beans 2, 7, 9	Beef Lasagne with salad 2, 4	Fish fingers, chips and beans 2, 5 (may contain nuts)
Vegetarian Option				Quorn lasagne 2, 4	Veggie fingers 2
Protein	Cottage Cheese	Red Lentils	Milk, Cheese, Fresh Green Beans	Beef (Quorn)	Beans
Carbohydrates	Pasta	Bread	Potatoes	Pasta	Potatoes
Vegetables	Tomatoes, Peppers, Onions	Carrots, Celery, Onions	Cauliflower, Green Beans	Tomatoes & onions	Beans
<b>PUDDING</b>	Semolina 7 (may contain nuts)	Jam sponge and Custard 2,4,7	Seasonal Fruit Salad with Carnation 7	Bananas and custard 4, 7	Pear and peaches with natural yoghurt 7
<b>SNACK</b>	Spaghetti hoops on toast 2, 10, 12, 13	Penne in Tomato Sauce with Grated Cheese 2, 7	Chocolate Sponge & Chocolate Sauce 2, 4, 7	Muffin pizza 2, 13	Veggie Hot Dogs with Ketchup and Mayo 2, 4, 13
Alternative	Selection of Fresh Fruit is served as an alternative for dessert or snack				

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals, Yoghurts, Toast with Spreads <b>2, 7, 10, 13</b>				
<b>LUNCH</b>	Spaghetti Bolognaise <b>1, 2, 4, 7</b>	Vegetable Curry & Brown Basmati Rice <b>7, 9</b>	Cheesy Cod Potato Pie <b>2, 5, 7</b>	Vegetarian Toad in the Hole with Mashed Potato, Carrots & Savoy Cabbage <b>2, 7</b>	Chicken and mushroom pie with new potatoes and runner beans <b>2, 4, 7</b>
Vegetarian Option	Quorn Bolognaise <b>1, 2, 4, 7</b>		Cheese Vegetables Potato Pie <b>2, 7, 9</b>		Quorn and mushroom pie <b>2, 4, 7, 13</b>
Protein	Beef (Quorn), Cheese	Butter Beans	Fish, Cheese & Milk (Cheese & Milk)	Milk, Quorn	Quorn/Chicken
Carbohydrates	Pasta	Rice	Potatoes	Potatoes	Potatoes, Breadcrumbs
Vegetables	Onions, carrots, mushrooms	Green Beans, Peas, Cauliflower, Carrots	Broccoli, Green Beans (Onions, Mushrooms, Peppers)	Carrots and Cabbage	Diced Swede, Petit Pois
<b>PUDDING</b>	Banana and Custard <b>7</b>	Stewed apple and ice cream	Pineapple upside down cake with custard <b>2, 4, 7</b>	Fresh Fruit Salad & Carnation Milk <b>7</b>	Pear and peaches with cream <b>7</b>
<b>SNACK</b>	Crumpets with butter and jam <b>2</b>	Potato waffles and baked beans	Selection of Sandwiches & grapes <b>1, 2, 4, 5, 12, 13</b>	Jam Tarts with Custard <b>2, 7</b>	Macaroni Cheese <b>2, 7, 9</b>
Alternative	Selection of Fresh Fruit is served as an alternative for dessert or snack				