

Week 1 - Carrot

MONDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Malted Milk biscuit & grapes

Lunch

Beef casserole with dumplings

Jam Tarts

Afternoon Tea

French toast with choice of toppings

TUESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toast & apple

Lunch

Turkey meatballs with spaghetti

Swiss Roll

Afternoon Tea

Cinnamon bagels with butter or Philadelphia

WEDNESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Digestive biscuit & satsuma

Lunch

Homemade vegetable soup with crusty bread

Raisin & sultana flapjack

Afternoon Tea

Fish finger sandwiches

THURSDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toasted fruit loaf & banana

Lunch

Homemade pizza & salad

Yoghurts

Afternoon Tea

Rice cakes with choice of toppings

FRIDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Oat biscuit & pear

Lunch

Jacket potato with cheese & beans

Fresh fruit salad

Afternoon Tea

Fruit filled pancakes



Week 2 - Broccoli

MONDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toasted fruit loaf & satsuma

Lunch

Chicken curry with rice & naan bread

Ice Cream Roll

Afternoon Tea

Cheese & crackers

TUESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Digestive biscuit & banana

Lunch

Tuna pasta bake with sweetcorn

Jam Tart

Afternoon Tea

Breadsticks, carrot sticks & dips

WEDNESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Crumpet & dried fruit

Lunch

Roasted pork loin, mashed potato & broccoli

Yoghurts

Afternoon Tea

Croissants with a choice of fillings

THURSDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Malted Milk biscuit & pear

Lunch

Toad in the hole & cauliflower

White chocolate crispy cake

Afternoon Tea

Wraps with a choice of fillings

FRIDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Bagel & butter & apple

Lunch

Fish, chips & peas

Fruit jelly

Afternoon Tea

Choice of sandwiches



Week 3 – Chilli Pepper

MONDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toast with jam or marmalade & pears

Lunch

Homemade fish pie with peas & carrots

Fresh melon

Afternoon Tea

Snack sausage rolls & salad

TUESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

oat crumble biscuit & banana

Lunch

Sausage casserole & crispy potatoes

Yoghurt

Afternoon Tea

Scone served with strawberries & jam

WEDNESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toasted muffins & melon

Lunch

Lasagne with garlic slices

Swiss roll

Afternoon Tea

Rice cakes with a choice of toppings

THURSDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Digestive biscuit & apple

Lunch

Butter pie & baked beans

Sponge cake & cream

Afternoon Tea

Crackers with cheese or pate

FRIDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Scotch pancake & dried fruit

Lunch

Chilli con carne & rice

Homemade rock buns

Afternoon Tea

French stick with a choice of fillings



Week 4 - Aubergine

MONDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toasted bagels with jam & grapes

Lunch

Spaghetti bolognese with garlic bread

Yoghurts

Afternoon Tea

Choice of sandwiches

TUESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Malted milk biscuit & banana

Lunch

Lamb curry & chips

Chocolate cornflake cake

Afternoon Tea

Toasted fruit loaf

WEDNESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toast & pear

Lunch

Homemade chicken pie, potatoes & vegetables

Fruit jelly

Afternoon Tea

French toast or rice cakes with choice of toppings

THURSDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Digestive biscuit & melon

Lunch

Creamy tomato pasta bake with cheese top

Fresh fruit salad & cream

Afternoon Tea

Crumpet with choice of toppings

FRIDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Buttered bagel & apple

Lunch

Homemade tomato & basil soup with tiger bread

Homemade cookies

Afternoon Tea

Pizza fingers & salad

