

Week 1

MONDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Malted Milk biscuit & grapes

Lunch

Homemade chicken nuggets, sweet potato fries & baked beans

Fresh fruit salad

Afternoon Tea

Rice cakes with pate, cheese spread or plain

TUESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toasted bagel & apple

Lunch

Lamb tikka curry & oven baked chips

Fruit muffin

Afternoon Tea

Toasted fruit loaf & orange

WEDNESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toast with butter & jam/marmalade & pear

Lunch

Roast chicken, new potatoes, cauliflower & broccoli

Yoghurt

Afternoon Tea

Breadsticks, carrot sticks, peppers & dips

THURSDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Digestive biscuit & satsuma

Lunch

Jacket potato with tuna mayo or cheese

Chocolate cornflake cake

Afternoon Tea

Croissant served warm with butter & jam

FRIDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Crumpet with butter & melon

Lunch

Sausage, carrots, mashed potatoes & gravy

Jelly & fruit

Afternoon Tea

Cheese & crackers



Week 2

MONDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toast and apple

Lunch

Breaded fish, oven baked
chips & peas

Jam tart

Afternoon Tea

Tortilla wrap served warm
with ham & cheese

TUESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Oat biscuit & dried fruit

Lunch

Chicken supreme served on
a bed of rice

Arctic roll

Afternoon Tea

Crumpet with choice of
toppings

WEDNESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toasted cinnamon bagel &
grapes

Lunch

Sausage casserole, roast
potatoes & green beans

Banana & custard

Afternoon Tea

French toast with
pate/cheese spread

THURSDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Shortcake biscuit & pear

Lunch

Chilli con carne, tortilla
chips & melted cheese

Fresh fruit salad

Afternoon Tea

Fish finger sandwiches

FRIDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toasted fruit loaf & satsuma

Lunch

Homemade pizza served
with salad & coleslaw

Homemade cookies

Afternoon Tea

Fruit filled pancake



Week 3

MONDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Digestive biscuit & orange

Lunch

Grilled chicken or ham & cheese wrap, curly fries & salad

Yoghurt

Afternoon Tea

Scone with jam and strawberries

TUESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toasted fruit loaf & apple

Lunch

Fish cake, potato waffle & carrots

Mixed melon

Afternoon Tea

Rice cake with a choice of toppings

WEDNESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Malted milk biscuit & melon

Lunch

Vegetable risotto

Swiss roll with ice cream

Afternoon Tea

Choice of sandwiches

THURSDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Banana & pear

Lunch

Picnic lunch – sandwiches, mini sausage, pork pie & salad

Madeira cake & custard

Afternoon Tea

Toasted bagels with soft cheese/butter

FRIDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toasted bagel & dried fruit

Lunch

Jacket potato served with cheese & beans

White chocolate rice krispie cake

Afternoon Tea

Breadsticks, cheese straws & choice of dips



Week 4

MONDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toast & melon

Lunch

Fish finger wraps
with lettuce
& potato lattice

Mandarins & ice cream

Afternoon Tea

Mini sausage rolls & cheese
rolls served with salad

TUESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Shortcake biscuit & apple

Lunch

Tuna pasta bake &
sweetcorn

Chocolate Swiss roll &
strawberries

Afternoon Tea

Mozzarella sticks served
with chutney

WEDNESDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Crumpet with butter &
satsuma

Lunch

Pork meatballs , onion gravy
on a bed of hidden veg
mashed potato

Fresh fruit salad

Afternoon Tea

Toasted bagel with soft
cheese/butter

THURSDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Digestive biscuit & dried
fruit

Lunch

Chicken curry, rice &
poppadum

Yoghurt

Afternoon Tea

Scones served with jam &
dried fruit

FRIDAY

Breakfast

Choice of cereals & fruit

Mid-morning Snack

Toasted fruit loaf & pear

Lunch

Beefburger served in a bun
with lettuce, tomato &
French fries

Jammy buns

Afternoon Tea

Choice of sandwiches

