

Wk 1	Breakfast	Snack	Dinner	Snack	Tea
Monday	Toast and Cereal with a Fruit Portion	Oat Cakes	Vegetable and Bean Chilli with Couscous Natural Yoghurt with Mixed Berries	Carrot Sticks with Houmous	Egg and Cheese Rolls with Cucumber Sticks Banana
Tuesday	Toast and Cereal with a Fruit Portion	Cucumber Sticks with a Mint Yoghurt dip	Roast Chicken, Roast Potatoes and Seasonal Vegetables V Quorn Chicken Stewed Pear with Rolled Oats	Crackers with Cream Cheese	Tomato and Lentil Soup with Wholemeal Bread and Butter Grapes
Wednesday	Toast and Cereal with a Fruit Portion	Bread Sticks	Turkey Meatballs in a Tomato Sauce with Couscous and Green Beans V Falafel Fruit Salad	Pepper Sticks	Mixed Bean and Cream Cheese Pitta Pockets Pear
Thursday	Toast and Cereal with a Fruit Portion	Carrot Sticks with Cream Cheese	Fish Pie with Peas V Lentil Pie Watermelon	Rice Cakes	Beans on Wholemeal Toast Natural Yoghurt with Mango
Friday	Toast and Cereal with a Fruit Portion	Pitta Strips with Houmous	Spaghetti Bolognese with Parmesan Cheese V Quorn Mince Natural Yoghurt with Pineapple	Carrot Sticks	Potato Wedges with Ham, Cheese and a Mixed Salad V Quorn Slices Orange

Wk 2	Breakfast	Snack	Dinner	Snack	Tea
Monday	Toast and Cereal with a Fruit Portion	Cucumber Sticks	Chicken and Vegetable Casserole, Creamed Potato and Peas V Quorn Natural Yoghurt with Fruit Compote	Malt Loaf	Wholemeal Pitta Bread with Broad Bean and Cream Cheese Dip and Pepper Sticks Melon
Tuesday	Toast and Cereal with a Fruit Portion	Bread Stick with Cream Cheese	Lentil Bolognaise, Pasta and Sweetcorn Greek Yoghurt Stewed Apple	Grapes	Houmous on Wholemeal Toast with Tomatoes Strawberries
Wednesday	Toast and Cereal with a Fruit Portion	Rice Cake	Fishcakes, Potato Wedges and Broccoli V Vegetable Cakes Kiwi	Pepper Sticks with Cream Cheese	Seasonal Vegetable & Lentil Soup with a Buttered Wholemeal Roll Lemon Yoghurt
Thursday	Toast and Cereal with a Fruit Portion	Oat Cake	Sausage and Vegetable Pasta Bake V Vegetarian Sausages Greek Yoghurt with Honey	Cucumber Sticks with a Mint Yoghurt Dip	Egg, Tuna and Sweetcorn Sandwiches with Cherry Tomatoes Banana
Friday	Toast and Cereal with a Fruit Portion	Cheese and Cherry Tomatoes	Cauliflower and Split Pea Curry with Rice Watermelon	Cracker with Cream Cheese	Beans on Wholemeal Toast Pear

Wk 3	Breakfast	Snack	Dinner	Snack	Tea
Monday	Toast and Cereal with a Fruit Portion	Cheese and Grapes	Cottage Pie with Mixed Vegetables ✓ Mixed Beans Pie Greek Yoghurt with Mango Compote	Rice Cake	Carrot, Lentil and Coriander Soup with a Buttered Roll Apple
Tuesday	Toast and Cereal with a Fruit Portion	Oat Cake with Cream Cheese	Chickpea and Vegetable Curry with Rice Fruit Salad	Pepper Sticks	Jacket Potatoes with Mixed Bean Chilli and Cheese Satsuma
Wednesday	Toast and Cereal with a Fruit Portion	Malt Loaf	Roast Chicken, Roast Potatoes and Seasonal Vegetables ✓ Quorn Chicken Natural Yoghurt with Mixed Berries	Carrot Sticks	Crumpets with Beans and Cheese Banana
Thursday	Toast and Cereal with a Fruit Portion	Avocado with Toast Fingers	Tomato and Lentil Pasta Bake with a Cheese and Breadcrumb Crust Melon	Cracker with Cream Cheese	Chicken and Sweetcorn Wrap with Cherry Tomatoes ✓ Houmous Pear
Friday	Toast and Cereal with a Fruit Portion	Bread Stick	Fish Fingers, Creamed Potato and Peas ✓ Vegetable Fingers Banana and Natural Yoghurt	Cucumber Sticks	Egg and Cream Cheese Sandwiches with Pepper Sticks Apple