| Wk 1 | Breakfast | Snack | Lunch | Snack | Dinner |
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| **Monday** | Toast and Cereal with a Fruit Portion | Crackers with Cream Cheese | Houmous on Wholemeal Toast with Pepper Sticks<br><br>Orange Wedges | Cucumber Sticks with a Mint Yoghurt Dip | Spaghetti Bolognaise with Parmesan Cheese<br><br>V.Mixed Bean Bolognaise<br><br>Natural Yoghurt with Pineapple |
| **Tuesday** | Toast and Cereal with a Fruit Portion | Carrot Sticks with Cheddar Cheese | Beans on Wholemeal Toast<br><br>Natural Yoghurt with Mango | Rice Cakes | Fish Pie with Peas<br>V Lentil Pie<br><br>Watermelon |
| **Wednesday** | Toast and Cereal with a Fruit Portion | Bread Sticks with cream cheese | Tomato and Lentil Soup with a Buttered Roll<br><br>Grapes | Pepper Sticks with Cheddar Cheese | Roast Chicken, Roast Potatoes and Seasonal Vegetables<br>V Quorn Chicken<br><br>Greek Yoghurt with Honey |
| **Thursday** | Toast and Cereal with a Fruit Portion | Avocado with Toast Fingers | Egg and Cream Cheese Sandwiches with Cucumber Sticks<br><br>Apple | Malt Loaf served with a glass of milk | Chickpea, Vegetable and Coconut Curry with Boiled Rice<br><br>Natural Yoghurt with Fruit Compote |
| **Friday** | Toast and Cereal with a Fruit Portion | Cheese and Cherry Tomatoes | Jacket Potato with mixed bean chilli and Cheese<br><br>Natural Yoghurt with Banana | Oat Cake | Fishcakes, Potato Wedges and Broccoli<br><br>V. Vegetable Fingers<br><br>Kiwi |

| Wk 2 | Breakfast | Snack | Tea | Snack | Dinner |
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| **Monday** | Toast and Cereal with a Fruit Portion | Breadsticks with Cream Cheese | Scrambled Egg on Toast with Grated Cheese<br><br>Apple | Pepper Sticks | Lentil Pasta with Sweetcorn<br><br>Natural Yoghurt with Peaches |
| **Tuesday** | Toast and Cereal with a Fruit Portion | Carrot Sticks with a Yoghurt Dip | Butternut Squash and Lentil Soup with Toast Fingers<br><br>Natural Yoghurt with Banana | Oat Cake served with a glass of milk | Roast Chicken, Roast Potatoes and Seasonal Vegetables<br>V Quorn Fillets<br><br>Apple and Blueberry Stew |
| **Wednesday** | Toast and Cereal with a Fruit Portion | Crackers with Cream Cheese | Houmous on Wholemeal Toast with Cucumber<br><br>Melon | Cucumber Sticks and Mint Yoghurt Dip | Sausage and Vegetable Casserole with Root Vegetable Mash<br>V. Mixed Beans<br><br>Yoghurt with Pineapple Slices |
| **Thursday** | Toast and Cereal with a Fruit Portion | Rice Cake | Crumpets with Baked Beans and Cheese<br><br>Greek Yoghurt and Honey | Bread Sticks with Cream Cheese | Butter Bean Goulash with Creamed Potato and Green Beans<br><br>Fruit Salad |
| **Friday** | Toast and Cereal with a Fruit Portion | Malt Loaf<br><br>with a glass of milk | Egg, Tuna and Sweetcorn Sandwiches with Cherry Tomatoes<br><br>Pear | Pepper Sticks with Cream Cheese | Lentil and Cauliflower Curry with Rice<br><br>Natural Yoghurt with Mango |

| Wk 3 | Breakfast | Snack | Tea | Snack | Dinner |
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| **Monday** | Toast and Cereal with a Fruit Portion | Apple | Sweet Potato Fingers with Cheese<br>Pea Puree<br><br>Watermelon | Bread Sticks with Cream Cheese | Vegetable and Ham Pasta Bake<br>V Kidney Beans<br><br>Greek Yoghurt with Honey |
| **Tuesday** | Toast and Cereal with a Fruit Portion | Bread Sticks with Cream Cheese | Houmous on Wholemeal Toast with Pepper Sticks<br><br>Pear | Cheddar Cheese and Grapes | Chicken and Vegetable Stew with Noodles<br>V. Chickpeas<br><br>Natural Yoghurt with Fruit Compote |
| **Wednesday** | Toast and Cereal with a Fruit Portion | Oat Cake | Tuna and Sweetcorn Pitta Pockets with Cherry Tomatoes<br>V. Egg Mayonnaise<br><br>Greek Yoghurt and Kiwi | Cucumber Sticks with Cream Cheese | Spaghetti Bolognaise with Parmesan Cheese<br>V. Lentil Bolognaise<br><br>Fruit Salad |
| **Thursday** | Toast and Cereal with a Fruit Portion | Pepper Sticks with Cream Cheese | Tomato Lentil and Basil Soup with Bread and Butter<br><br>Banana | Rice Cake<br>with a glass of milk | Roast Chicken, Roast Potatoes and Seasonal Vegetables<br>V Quorn Fillet<br><br>Natural Yoghurt with Mixed Berries |
| **Friday** | Toast and Cereal with a Fruit Portion | Crackers with Cream Cheese | Baked Beans on Wholemeal Toast<br><br>Orange Slices | Cucumber with a Mint Yoghurt Dip | Tomato and Lentil Pasta with Cheese<br><br>Melon |