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

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

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