



Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal
Snack	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk
Lunch	Chicken/ Quorn and vegetable curry Nan bread Boiled rice Yoghurt	Vegetable chilli con carne (Quorn) With potato wedges and carrots Fresh Fruit	Roast Turkey/ Quorn pieces with roast potatoes and cauliflower cheese Yoghurt	Macaroni cheese with sweetcorn Fresh Fruit	Cod fishcakes and potatoes with vegetables Yoghurt
Snack	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks
Hot Tea	Grilled lemon salmon with noodles and broccoli	Lamb/veg stew with potato and leeks	Sliced boiled egg with pasta and peas	Quorn/ chicken pie with carrot and peas	Cheese and Tomato pasta
Choice of	Rice cake/ bread stick	Rice cake/bread stick	Rice cake/ bread stick	Rice cake/ bread stick	Rice cake/ bread stick



Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal
Snack	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk
Lunch	Lamb/Quorn spaghetti Bolognese with salad Yoghurt	Sweet potato, lentil and green bean tagine with couscous and spinach Fresh fruit	Roast chicken/ Quorn and potatoes with vegetables Yoghurt	Tuna baked pasta with garlic bread Fresh fruit	Fish cakes with sweet potato and vegetables. Yoghurt
Snack	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks
Hot Tea	Broccoli and cauliflower cheese bake With garlic bread Rice cake/ bread stick	Baked potato with tuna, cheese and baked beans Rice cake/ bread stick	Homemade couscous with peas, carrot and butternut squash Rice cake/ bread stick	Lamb/ Quorn and feta burger with potato wedges Rice cake/ bread stick	Roasted Vegetable/ Chicken risotto Rice cake/ bread stick



Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal
Snack	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk	Fresh fruit and an option of bread sticks, Crackers, rice cakes Milk
Lunch	Tuna pasta bake and mixed salad Yoghurt	Sweet and sour chicken/ Quorn pieces with vegetable and boiled rice Fresh fruit	Macaroni cheese with vegetables Yoghurt	Chicken/ Quorn pie with new potato and broccoli Fresh fruit	Mixed lamb/Quorn with mash potato and green beans Fresh fruit
Snack	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks
Hot Tea	Vegetarian soup with potato, carrot, leeks and garlic bread Rice cake/ bread stick	Grilled salmon with noodles and broccoli Rice cake/ bread stick	Turkey risotto with vegetable Rice cake/ bread stick	Mixed vegetable risotto Rice cake/ bread stick	Sweet potato lentil and green beans tagine with couscous and spinach Rice cake/ bread stick



Week four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal	Toast Selection of cereal
Snack	Fresh fruit and an option of bread sticks, Crackers, rice cakes	Fresh fruit and an option of bread sticks, Crackers, rice cakes	Fresh fruit and an option of bread sticks, Crackers, rice cakes	Fresh fruit and an option of bread sticks, Crackers, rice cakes	Fresh fruit and an option of bread sticks, Crackers, rice cakes
Lunch	Lamb/Quorn Tomato meatballs with rice and mixed vegetable Fresh fruit	Roast chicken/ Quorn and potatoes with broccoli Yogurt	Lamb/ Quorn pasta with mixed salad Fresh fruit	Chicken/Quorn and mushroom pie with carrots Yogurt	Fish/veggie fingers with potatoes and vegetables Fresh fruit
Snack	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks	Fresh vegetable sticks
Hot Tea	Creamy vegetarian pasta with broccoli Rice cake/ bread stick	Sweet and sour chicken/Quorn and vegetable with rice Rice cake/ bread stick	Butternut squash soup with bread Rice cake/ bread stick	Vegetable risotto with mixed salad Rice cake/ bread stick	Cheese and Tomato pasta Rice cake/ bread stick

Although we try our hardest to stick to these menus, they are subject to change if needed.