

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	SELECTION OF CEREALS INCLUDING: WHEETABIX, PORRIDGE, SHREDDIES, RICE CRISPIES, CORNFLAKES FRESH AND DRIED FRUIT WATER TO DRINK				
MORNING SNACK	CRACKERS WITH CREAM CHEESE & TOMATOES MILK OR WATER	PITTA BREAD FINGERS BANANA MILK OR WATER	BREAD STICKS WITH APPLE MILK OR WATER	WHOLEMEAL TOAST TOMATOES MILK OR WATER	PLAIN PANCAKES WITH PEAR MILK OR WATER
LUNCH	QUORN SAUSAGE CASSEROLE WITH SEASONAL VEGETABLES	ROAST CHICKEN/ROAST QUORN SAGE & ONION STUFFING ROAST PARSNIPS, CARROTS AND MASH	TUNA FISH CAKES/LENTIL CAKES & TOMATO SALSA NOODLES & SEASONAL VEGETABLES	SPAGHETTI POMADORO WITH CHEESE & GARLIC BREAD	BREADED FISH/VEGETABLE FINGERS WITH PARSLEY & LEMON SAUCE SWEET POTATO WEDGES PEAS & CORN
DESSERT	FROMAGE FRAIS	STEWED FRUIT WITH A CRUMBLE TOPPING & CREAM	VANILLA SAUCE WITH MANDARINS	RICE PUDDING WITH SULTANAS	APPLE STRUDDLE NATURAL YOGURT
AFTERNOON SNACK	BREAD STICKS WITH GRAPES MILK OR WATER	OAT CAKES WITH BUTTER TOMATOES MILK OR WATER	CRACKERS WITH CREAM CHEESE AND PEPPER STICKS MILK OR WATER	CARROT STICKS AND BREAD STICKS MILK OR WATER	RICE CAKE WITH CUCUMBER MILK OR WATER
TEA	FRENCH STICK WITH VARIOUS TOPPINGS (TUNA/CHEESE) CUCUMBER & CARROT	WHOLEMEAL PIZZA SCONES & CUCUMBER	FUSILLI WITH CHEESE, MUSHROOMS & PEAS	CREAMY VEGETABLE & CHICKEN SOUP/ CREAMY VEGETABLE SOUP BUTTERED ROLLS	SCRAMBLED EGGS BAKED BEANS WHOLEMEAL BUTTERED BREAD
DESSERT	MIXED WINTER FRUIT SALAD	COCONUT MACAROONS	OATY FRUIT COOKIES	BERRY MUFFINS	FRUIT SCONES WITH BUTTER

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	SELECTION OF CEREALS INCLUDING: WEETABIX, PORRIDGE, SHREDDIES, RICE CRISPIES, CORNFLAKES FRESH AND DRIED FRUIT WATER TO DRINK				
MORNING SNACK	BREAD STICKS WITH HUMMUS MILK OR WATER	BUTTERED WHOLEMEAL BREAD WITH PEAR MILK OR WATER	CREAM CRACKERS WITH CREAM CHEESE, CUCUMBER MILK OR WATER	RICE CAKES WITH BANANA MILK OR WATER	FRUIT TOAST WITH BUTTER MILK OR WATER
LUNCH	JACKET POTATOES WITH BEANS & CHEESE	FISH PIE SEASONAL VEGETABLES	CHICKEN/ QUORN AND LEEK PIE WITH WHOLEMEAL PASTRY CARROT & SWEDE MASH	MIXED BEAN & ROOT VEGETABLE STEW CHEESE DUMPLINGS	SAUSAGES/QUORN SAUSAGE WITH SAUTÉ POTATOES & RED ONIONS BROCCOLI CHEESE
DESSERT	YOGURT WITH HOMEMADE GRANOLA	JAM SPONGE & CUSTARD	WINTER FRUIT SALAD	SEMOLINA WITH COCONUT	FRUITY ROCK CAKES
AFTERNOON SNACK	OATCAKES & ORANGES MILK OR WATER	RICE CAKES WITH BANANA MILK OR WATER	BREAD STICKS WITH APPLE MILK OR WATER	TOASTED CRUMPETS WITH CREAM CHEESE MILK OR WATER	BUTTERED CRACKERS KIWI MILK OR WATER
TEA	TUNA/CHEESE & SWEETCORN WHOLEMEAL PASTA SALAD	CHEESE & TOMATO FRENCH STICK PIZZA	TOMATO & BASIL SOUP SERVED WITH CHEESE & BREAD ROLLS	MINI SALMON/VEGETABLE QUICHE & RICE SALAD	VEGETABLE PASTA SALAD WITH CHEESE
DESSERT	MUESLI BAR	FRUIT	GINGER CAKE	CHOCOLATE & PEAR CAKE	TINNED PEACHES

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	SELECTION OF CEREALS INCLUDING: WEETABIX, PORRIDGE, SHREDDIES, RICE CRISPIES, CORNFLAKES FRESH AND DRIED FRUIT WATER TO DRINK				
MORNING SNACK	BREAD STICKS WITH GRAPES MILK OR WATER	OAT CAKES WITH BUTTER CUCUMBER MILK OR WATER	CRACKERS WITH CREAM CHEESE AND PEPPER STICKS MILK OR WATER	CARROT STICKS AND BREAD STICKS MILK OR WATER	RICE CAKES WITH SATSUMA MILK OR WATER
LUNCH	QUORN SHEPHERDS PIE & BROCCOLI	CHILLI & RICE & SOUR CREAM WITH CHIVES	FISH CAKES MASHED POTATOES MUSHY PEAS	CHICKEN AND VEGETABLE CURRY RICE RIATA	CRUNCHY BROCCOLI CHEESE PASTA BAKE GARLIC BREAD
DESSERT	MANDARIN ORANGE FLAN & CREAM	APPLE & CRANBERRY CRUMBLE & CUSTARD	RICE PUDDING WITH POMEGRANATE	PINEAPPLE & CREAM	CHOCOLATE SPONGE & CHOCOLATE CUSTARD
AFTERNOON SNACK	CREAM CRACKERS WITH BUTTER CELERY STICKS MILK OR WATER	PITTA BREAD FINGERS WITH CREAM CHEESE & PEAR MILK OR WATER	BREAD STICKS WITH APPLE MILK OR WATER	WHOLEMEAL TOAST TOMATOES MILK OR WATER	PLAIN PANCAKES WITH APPLE MILK OR WATER
TEA	FISH FINGER SANDWICH WITH CHERRY TOMATOES	TUNA & SWEETCORN FILLED WRAPS CRUDITIES	CHEESY LEEK & POTATO SOUP BUTTERED ROLLS	MACARONI CHEESE WITH CAULIFLOWER	SCRAMBLED EGGS BEANS WHOLEMEAL TOAST
DESSERT	DATE FLAPJACK	BANANA	APPLE & CINNAMON SLICE	BEETROOT & CHOCOLATE BROWNIES	WINTER FRUIT SALAD

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	SELECTION OF CEREALS INCLUDING: WEETABIX, PORRIDGE, SHREDDIES, RICE CRISPIES, CORNFLAKES FRESH AND DRIED FRUIT WATER TO DRINK				
MORNING SNACK	OATCAKES & ORANGES MILK OR WATER	RICE CAKES WITH BUTTER TOMATOES MILK OR WATER	BREAD STICKS WITH APPLE MILK OR WATER	TOASTED CRUMPETS WITH CREAM CHEESE AND CUCUMBER MILK OR WATER	BUTTERED CREAM CRACKERS KIWI MILK OR WATER
LUNCH	TUNA & SWEETCORN PASTA BAKE BROCCOLI GARLIC BREAD	MEATBALLS WITH MIXED VEGETABLES BULGUR WHEAT & TOMATO SAUCE	VEGETABLE, SPINACH AND PANEER CURRY BROWN RICE POPPADOMS	3 FISH PIE WITH ROASTED WINTER VEGETABLES	CHICKEN STEW & HERBY DUMPLINGS KALE
DESSERT	CHOCOLATE & CHERRY CRUNCH	WARM WINTER FRUIT SALAD & CREAM	SEMOLINA WITH APRICOTS	MANDARIN JELLY & ICE CREAM	BANANA CUSTARD
AFTERNOON SNACK	BREAD STICKS WITH HUMMUS & CARROT STICKS MILK OR WATER	PANCAKES WITH FRESH COCONUT MILK OR WATER	CREAM CRACKERS WITH CREAM CHEESE, CUCUMBER MILK OR WATER	RICE CAKES WITH BANANA MILK OR WATER	FRUIT TOAST WITH BUTTER MILK OR WATER
TEA	CHEESE & ONION PIE WITH BEANS	DAAL & NAAN BREAD	BOILED EGGS POTATO SALAD CHERRY TOMATOES	SPICY WHOLEMEAL PASTA CARROT & SULTANA SALAD	MINISTRONI SOUP SERVED WITH GRATED CHEESE WHOLEMEAL BREAD
DESSERT	FRESH FRUIT PLATTER	LIME & COCONUT BISCUITS	FRUIT	MILK SHAKE	CHERRY CAKE