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| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereal and milk | Cereal and milk | Cereal and milk | Cereal and milk | Cereal and milk |
| Snack | Oat cakes and satsumas | Bread stick with pear slices | Apple and melon | Croissant and grapes | Cracker bread, cheese and cucumber |
| Lunch | Lentil and mushroom Bolognese with linguine | Chicken or chicken style Quorn curry, rice with sweetcorn and cucumber salad | Breadcrumb topped white fish or tofu with mashed potato and mixed vegetables | Hearty vegetable soup with mini pasta  (including chickpea and sweet potato) | Turkey or Quorn fajitas, couscous and fresh salad |
| Pudding | Fromage frais and dried apricots | Fresh fruit platter | Cinnamon rice pudding with a fruit puree | Stewed apple with cinnamon and raisins | Sugar free sponge cake with custard |
| Afternoon Snack | Bagel and fresh pineapple | Tomato soup with brown pitta bread | Cheese crackers, sliced apple and pepper sticks | Rice cakes, carrot sticks | Beetroot soup with croutons |

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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereal and milk | Cereal and milk | Cereal and milk | Cereal and milk | Cereal and milk |
| Snack | Toasted English muffin with spread and oranges | Oat cake and apple slices | Rice cake and peaches | Melon and mango | A selection of fresh fruits |
| Lunch | Turkey mince or bean chili with whole grain rice and vegetables | Paprika fish or vegetable stew with fresh baguette | Vegetable lasagna | Roast chicken with oven potatoes, gravy and vegetables | Quorn curry with basmati rice |
| Pudding | Smoothie | Greek yoghurt and raisins | Fresh pineapple | Apple crumble with cream | Banana custard |
| Afternoon  Snack | Leek and potato soup | Caribbean bun and cheese | Baked potatoes and beans | Carrot and coriander soup with toast | Corn thins, pepper and olives |

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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereal and milk | Cereal and milk | Cereal and milk | Cereal and milk | Cereal and milk |
| Snack | Cornish wafers with cherry tomatoes | Corn thins and fruits | Cheese and grapes | Fruits | Bread sticks, carrot sticks |
| Lunch | Tuna and sweetcorn pasta bake | Swedish style Quorn balls with bulgur wheat and steamed vegetables | Creamy chicken or chickpeas and mushroom with new potatoes and beans | Turkey and vegetable stir fry with noodles | Baked fish or veggie sausage, mashed potato, white sauce and steamed vegetables |
| Pudding | Fresh fruit platter | Flapjack | Cinnamon swirl | Greek yogurt and dried apricots | Fresh fruit platter |
| Afternoon Snack | Baked plantain with whole meal toast | Toasted fruit bread and oranges | Tomato soup | Croissant and satsumas | Oat cake and cucumber |