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| ***Week 1*** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| *Breakfast* | **Cereal, milk** | **Cereal, milk** | **Cereal, milk** | **Cereal, milk** | **Cereal, milk** |
| *Snack* | **Oat cakes and satsumas** | **Bread stick with pear slices** | **Apple and melon** | **English muffin and grapes** | **Cracker bread and cucumber** |
| *Lunch* | **Lentil and mushroom Bolognese with linguine** | **Cauliflower, spinach and chickpea curry, with brown rice**  | **Hungarian chicken /Quorn paprikas (red pepper sauce) with mini pasta** | **Fish or tofu pie, mashed potato and mixed vegetables**  | **Turkey/ Quorn fajitas, couscous** |
| *Pudding* | **Fromage frais and dried apricots** | **Fresh fruit platter** | **Home made flapjack** | **Sugar free banana cake with custard** | **Fruit platter**  |
| *Afternoon Snack* | **Chicken or cheese sandwiches and cherry tomato**  | **Whole meal pitta pizzas, tomato sauce, cheese and sweetcorn** | **Rice pudding** | **Corn cakes, carrot sticks and crème fraiche herb dip** | **Wholemeal pasta salad with or without tuna and cucumber**  |

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| ***Week 2*** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| *Breakfast* | Cereal, milk  | Cereal, milk  | Cereal, milk  | Cereal, milk  | Cereal, milk  |
| *Snack* | Toasted English muffin and oranges  | Oat cake and apple slices  | Rice cake and peaches  | Melon and mango  | A selection of fresh fruits  |
| *Lunch* | Salmon/veggie mince and broccoli pasta    | Turkey or veggie mince with jellof rice and vegetables  | Vegetable lasagna  | Quorn curry with basmati rice and peas  | Roast chicken/ quorn chunks with oven potatoes, gravy and vegetables  |
| *Pudding* | Banana, peach and coconut smoothie  | Fruit salad  | Greek/Koko yoghurt and raisins  | Fresh pineapple   | Banana and custard  |
| *Afternoon* *Snack* | Corn cake, cucumber slices and dip  | Baked potatoes with cheese and/or carrots  | Buttered brown toast, peppers and olives  | Garlic baguette with tomatoes | Bagel and cream cheese  |

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| ***Week 3*** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| *Breakfast* | Cereal, milk  | Cereal, milk  | Cereal, milk  | Cereal, milk  | Cereal, milk  |
| *Snack* | Corn thins and apples  | Cornish wafers with cherry tomatoes  | Cheese and grapes  | Selection of fresh fruits  | Bread sticks with pepper slices  |
| *Lunch* | Swedish style Quorn balls with couscous and steamed vegetables     | Broccoli**,**leek and cheese pasta bake | Chicken or tofu in creamy mushroom sauce with new potatoes and green beans | Turkey or Quorn and vegetable stir fry with rice  | Vegetarian sausage, mashed potato and baked plantain  |
| *Pudding* | Fresh fruit salad  | Apple crumble with pouring or Alpro cream | Cinnamon swirl  | Greek/Koko yogurt and dried apricots  | Fresh fruit platter  |
| *Afternoon Snack* | Potato wedges and garlic dip  | Oat cake and satsumas  | Rice cake and carrot sticks  | Bagel and cucumber  | Wholemeal cheesy melt sandwiches |