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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 |