

WEEK 1

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

A selection of cereals (Cornflakes, porridge, Weetabix), wholemeal toast, fresh fruit bowl with milk or water

AM Snack

Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water

Appetizer: Fresh tomatoes, carrots and cucumber sticks

Lunch

11:30

Mild chilli con carne (Quorn) with brown rice and cucumber sticks



Tuna and pasta bake with sweetcorn



Lentil lasagne and salad



Chicken and mushroom pie / Quorn with boiled vegetables



Steamed cod fish (Quorn fishless fingers) with potato wedges and peas



Natural yoghurt



Trio of melon

Natural yoghurt



Apple salad

Natural yoghurt



Beans on wholemeal toast with cheese



Black beans and vegetables quesadillas with basil tomato sauce



Filled rolls with tuna, cheese & egg



Cheese & Tomato pizza with sausage toppings with coleslaw



Tuna, mayonnaise and sweetcorn mini-wraps



Fruit smoothie (mixed berries, mango and)

Natural yoghurt



Fresh fruit

Flapjack low sugar
















Strawberries and blackberries

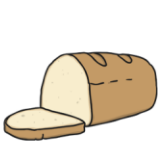
PM Snack

Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water





WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals (Cornflakes, porridge, Weetabix), wholemeal toast, fresh fruit bowl with milk or water				
Morning Snack	Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water				
Lunch 11:30	Appetizer: Fresh tomatoes, carrots and cucumber sticks				
	Jollof rice with chicken/ Quorn chicken and coleslaw 	Beef/Quorn lasagne with salad 	Roast turkey or Quorn with roast potatoes and vegetables 	Wholemeal spaghetti bolognese with peas 	Pan fried fish / Tofu with mash potatoes 
	Natural yoghurt 	Trio of melon	Natural yoghurt 	Apple salad	Natural yoghurt 
Hot Tea 3:30	Stir fried noodles with tofu and mixed vegetables 	Homemade fish cakes (cod and salmon) /Quorn nuggets with vegetable tomato sauce 	Pasta salad with mix vegetables and coleslaw 	Selection of veggie sticks with cream cheese and crackers 	Savoury mince / Quorn stew with cucumber salad in pita bread 
	Fruit salad	Natural yoghurt 	Pears salad	Natural yoghurt 	Summer fruit salad
PM Snack	Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water				





WEEK 3

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

A selection of cereals (Cornflakes, porridge, Weetabix), wholemeal toast, fresh fruit bowl with milk or water

Morning Snack

Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water

Appetizer: Fresh tomatoes, carrots and cucumber sticks

Lunch

11:30

Egg (tofu) fried rice with stir fry vegetables



Shepherd's pie (beef/Quorn) with vegetables



Vegetable pasta with tomato sauce



Chicken/Quorn fajitas with tomato sauce and rice



Steamed fish with potato wedges and peas



Natural yoghurt



Trio of melon

Natural yoghurt



Apple salad

Natural yoghurt



Roast chicken / Quorn with roasted seasonal vegetables



Assortment of sandwiches with egg/cheese/tuna



Sausage (tofu) surprise with couscous and cucumber sticks



Black beans and vegetables quesadillas with basil tomato sauce



Cheese and tomato pizza with lettuce, tomato and sweet corn salad



Fruit salad

Natural yoghurt



Fresh melon medley

Fruit smoothie

Homemade apple turnover

Hot Tea

3:30

PM Snack

Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water





WEEK 4

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

A selection of cereals (Cornflakes, porridge, Weetabix), wholemeal toast, fresh fruit bowl with milk or water

Morning Snack

Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water

Appetizer: Fresh tomatoes, carrots and cucumber sticks

Lunch

11:30

Chicken and sweetcorn pie / Quorn with salad



Jollof rice with chicken/ Quorn and coleslaw



Fish/fishless goujons with lettuce, tomato and sweetcorn salad



Savoury mince beef (or Quorn mince) with garlic bread



Homemade fish/fishless cakes with split beans and tomato sauce



Natural yoghurt



Trio of melon

Natural yoghurt



Apple salad

Natural yoghurt



Tuna and pasta bake with black eye beans



Beef stew with cucumber salad and pita bread



Filled soft rolls with fresh salad, tuna, egg, cheese



Pasta salad with mixed vegetables and cucumber sticks



Cheese & Tomato pizza with coleslaw



Fruit salad

Natural yoghurt



Strawberries

Flapjack low sugar

Fruit crumble and ice cream

Hot Tea

3:30

PM Snack

Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water



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