Week One

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
| **Breakfast** | Selection of Cereals | Selection of Cereals  | Selection of Cereals  | Selection of Cereals | Selections of Cereals  |
| **Snack** | Breadsticks and Avocado Dip | Melon Chunks | Oatcakes and spread | Bananas | Rice Cakes |
| **Lunch** | Tomato and Basil pasta with Garlic Bread | Poppadom’sChicken Curry with Braised Rice  | Shepherd’s pie with Vegetables and GravyPoached Pears with Cream  | Side saladJacket Potatoes with Cheese and Beans and a  | Mince Beef and Onion Pasta with Vegetables and GravyRaisin and Cinnamon sponge cake with custard |
| **Vegetarian**  |  As Above | Vegetable Curry with Braised Rice | Quorn Mince Pie with Vegetables and Gravy | As Above | Plant Based meatballs and Pasta with Vegetables and Gravy  |
| **Tea** | Fish Mornay with New Potatoes and green BeansFruit Salad | Mixed Sandwiches with Sausage and cheese rolls with Pom BearsBanana Bread | Crusty RollsSpinach and Mushroom soup | Roasted Mediterranean Pork and Vegetables with homemade Garlic and Basil Pesto and riceNatural Yogurt with Honey | Potato WedgesCheese and Tomato Pizzas |
| **Vegetarian**  | Cauliflower and Spinach Mornay New Potatoes and green Beans | As Above  | As above | Mediterranean Vegetables with homemade Garlic and Basil Pesto and rice | As above |

Week Two

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
| **Breakfast** | Selection of Cereals | Selection of Cereals | Selection of Cereals | Selection of Cereals | Selection of Cereals |
| **Snack** | Bananas | Crackers and spread | Satsumas | Pitta Bread and Houmous | Scones and Jam |
| **Lunch** | Sausages with Mashed potatoes, Mixed Vegetables and GravyPeaches and Cream | Prawn CrackerSweet and Sour Pork with Noodles and Vegetables and  | Roast Chicken with Roasted potatoes and green bean with gravyLemon Drizzle Cake | Crusty RollsTomato and Tuna pasta bake with cheese and Vegetables  | Beef and Mushroom Stroganoff with Braised RiceYoghurt and Apricots |
| **Vegetarian**  | Vegetarian Sausages, mashed potatoes and mixed vegetables | Vegetable Stir Fry and Noodles | Quorn Fillet, roast potatoes and green beans with gravey | Tomato and Vegetable Pasta Bake | Plant Based Meatballs and Mushrooms with Braised Rice |
| **Tea** | Tortilla ChipsChilli and rice with homemade | Leek and Potato Soup with CroutonsBananas with Maple Syrup | Garlic BreadMacaroni and Cheese with  | BBQ Chicken with Cous Cous salad with Vegetables and Mint YoghurtFruit Salad | Vegetable SticksJacket Potatoes with and Tuna Mayo and sweetcorn. Served with  |
| **Vegetarian**  | Vegetable Chilli and Rice | As Above | As above | BBQ Vegetables and Cous Cous Salad | Jacket Potatoes with Cheese and Beans |

Week Three

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
| Breakfast | Selection of Cereals | Selection of Cereals | Selection of Cereals | Selection of Cereals | Selection of Cereals |
| Snack  | Cheese Chunks and Raisins | Pitta bread and Mint Yoghurt | Carrot Sticks and Humous | Banana | Apple Slices |
| Lunch  | Spaghetti BolognaiseMelon | Poppadom’s and Mango ChutneyTurkey Curry and Rice | Fish Fricassee, with rice and peasBlueberry Muffins | Roast Gammon, Roast Potatoes and VegBananas and Custard | Veggie Sticks and HumousTortilla WrapsCheese/Ham/TunaWith potato wedges |
| **Vegetarian** | Vegetable Bolognaise | Quorn Curry and Rice | Courgette and Aubergine fricassee with rice and peas | Roasted Quorn Fillet | Tortilla WrapsCheese |
| Tea  | Veggie sticksSelection of Sandwiches, sausage/cheese rolls, pom bears/mini cheddars | Sausage and bean casserole, Mash potato and vegFruit salad | Cucumber and Mint YoghurtLamb Koftas, cous cous salad with  | Buttered English MuffinCarrot and Coriander Soup | Chicken and Mushroom Cheesy pasta BakeYoghurt and Honey |
| **Vegetarian** | As Above | Bean and Vegetable casserole | Plant based Koftas cous cous salad | As Above | Mushroom Cheesy pasta Bake |

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| --- | --- | --- | --- | --- | --- |
|  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
| Breakfast | Selection of Cereals | Selection of Cereals | Selection of Cereals | Selection of Cereals | Selection of Cereals |
| Snack  | Cucumber and Cream Cheese | Toasted Teacake | Melon | Rice Cakes | Satsuma |
| Lunch  | Garlic BreadLasagne | Beef and Mushroom pie, mash potato and Green BeansStrawberries and Blueberries | Breadsticks and Avocado SmashBeef Chilli and Rice | Side saladRoasted Mediterranean Vegetable Puff Pastry Tart | Homemade Fish Goujons, Potato Wedges and BeansApple Crumble and Custard |
| **Vegetarian** | Vegetable Lasagne | Vegetable Pie | Vegetable Chilli and Rice | As Above  | Homemade breaded Mushroom Goujons |
| Tea  | Garlic and Herb grilled Chicken Breast with a sweetcorn and rice saladYoghurt | Crusty RollTomato and Vegetable Pasta Bake | Selection of Sandwiches, sausage/cheese rolls, Vegetable sticks, pom bears/mini cheddarsRaisin and Oat Cookies | Creamy Chicken and bacon Potato BakeBanana | Vegetable SoupBrown Bread and Butter |
| **Vegetarian** | Grilled Quorn Fillet | As Above | As above | Creamy Broccoli and Potato | As above |

Week Four