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’s  Chicken Curry with Braised Rice | Shepherd’s pie with Vegetables and Gravy  Poached Pears with Cream | Side salad  Jacket Potatoes with Cheese and Beans and a | Mince Beef and Onion Pasta with Vegetables and Gravy  Raisin 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 Beans  Fruit Salad | Mixed Sandwiches with Sausage and cheese rolls with Pom Bears  Banana Bread | Crusty Rolls  Spinach and Mushroom soup | Roasted Mediterranean Pork and Vegetables with homemade Garlic and Basil Pesto and rice  Natural Yogurt with Honey | Potato Wedges  Cheese 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 Gravy  Peaches and Cream | Prawn Cracker  Sweet and Sour Pork with Noodles and Vegetables and | Roast Chicken with Roasted potatoes and green bean with gravy  Lemon Drizzle Cake | Crusty Rolls  Tomato and Tuna pasta bake with cheese and Vegetables | Beef and Mushroom Stroganoff with Braised Rice  Yoghurt 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 Chips  Chilli and rice with homemade | Leek and Potato Soup with Croutons  Bananas with Maple Syrup | Garlic Bread  Macaroni and Cheese with | BBQ Chicken with Cous Cous salad with Vegetables and Mint Yoghurt  Fruit Salad | Vegetable Sticks  Jacket 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 Bolognaise  Melon | Poppadom’s and Mango Chutney  Turkey Curry and Rice | Fish Fricassee, with rice and peas  Blueberry Muffins | Roast Gammon, Roast Potatoes and Veg  Bananas and Custard | Veggie Sticks and Humous  Tortilla Wraps  Cheese/Ham/Tuna  With potato wedges |
| **Vegetarian** | Vegetable Bolognaise | Quorn Curry and Rice | Courgette and Aubergine fricassee with rice and peas | Roasted Quorn Fillet | Tortilla Wraps  Cheese |
| Tea | Veggie sticks  Selection of Sandwiches, sausage/cheese rolls, pom bears/mini cheddars | Sausage and bean casserole, Mash potato and veg  Fruit salad | Cucumber and Mint Yoghurt  Lamb Koftas, cous cous salad with | Buttered English Muffin  Carrot and Coriander Soup | Chicken and Mushroom Cheesy pasta Bake  Yoghurt and Honey |
| **Vegetarian** | As Above | Bean and Vegetable casserole | Plant based Koftas cous cous salad | As Above | Mushroom Cheesy pasta Bake |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 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 Bread  Lasagne | Beef and Mushroom pie, mash potato and Green Beans  Strawberries and Blueberries | Breadsticks and Avocado Smash  Beef Chilli and Rice | Side salad  Roasted Mediterranean Vegetable Puff Pastry Tart | Homemade Fish Goujons, Potato Wedges and Beans  Apple 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 salad  Yoghurt | Crusty Roll  Tomato and Vegetable Pasta Bake | Selection of Sandwiches, sausage/cheese rolls, Vegetable sticks, pom bears/mini cheddars  Raisin and Oat Cookies | Creamy Chicken and bacon Potato Bake  Banana | Vegetable Soup  Brown Bread and Butter |
| **Vegetarian** | Grilled Quorn Fillet | As Above | As above | Creamy Broccoli and Potato | As above |

Week Four