

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpet with Non-Dairy Spread and Cup of Whole Milk				
MORNING SNACK	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
LUNCH	Cauliflower and Broccoli Pasta Bake served with Seasonal Salad	Chicken Curry served with Couscous	Salmon and Pea Risotto served with Broccoli	Surbiyaan Lamb served with New Potatoes and Spinach	Cod Goujons served with Mashed Potato, Peas and Carrots
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
AFTERNOON SNACK	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
TEA	Kumara Chickpea Patties served with a Boiled Egg	Tuna Fish Cakes served with Seasonal Salad	Warm Feta, Lentil and Couscous Salad served with Cucumber, Pepper and Tomatoes	Macaroni Cheese served with Carrots and Sweetcorn	Omelette Popovers served with Mixed Peppers and Carrots
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpet with Non-Dairy Spread and Cup of Whole Milk				
MORNING SNACK	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
LUNCH	Lentil, Potato and Spinach Curry served with Naan Bread	Fish Pie served with Runner Beans	Fish, Potato and Vegetable Curry served with Couscous	Roast Chicken served with Potatoes and Seasonal Vegetables	Hungarian Beef Goulash served with Rice
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
AFTERNOON SNACK	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
TEA	Chicken, Ham and Pepper Risotto served with Peas	Sweet Potato Falafel served with Pitta Bread, Houmous and Cucumber Sticks	Potato and Spinach Cakes served with Seasonal Salad	Roast Vegetable and Red Lentil Pasta served with Seasonal Salad	Mixed Vegetable Frittatas served with Potato Salad
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpet with Non-Dairy Spread and Cup of Whole Milk				
MORNING SNACK	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
LUNCH	Lamb Moussaka served with Carrots	White Fish served with Ratatouille and Sweet Potato	Vegetable Lasagne served with Seasonal Vegetables	Roast Chicken served with Root Vegetables	Vegetable Red Lentil Dansak served with Rice
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
AFTERNOON SNACK	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
TEA	Cheese and Ham Pasta served with Seasonal Salad	Jacket Potato with Baked Beans served with Coleslaw	Cod and Chorizo Fishcakes served with Peas	Kamara Chickpea Patties served with a Boiled Egg	Tomato Pasta and Cannellini Bean Primavera
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpet with Non-Dairy Spread and Cup of Whole Milk				
MORNING SNACK	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
LUNCH	Roast Salmon served with Stir Fried Bean Sprouts and Vegetables	Beef Lasagne served with Garlic Bread and Peas	Jamaican Fish Curry served with Potato and Spinach	Chickpea and Vegetable Biryani served with Cauliflower	Veggie Meatballs served with Spaghetti and a side of Broccoli
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
AFTERNOON SNACK	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
TEA	Mixed Bean Chilli served with Jacket Potato	Couscous and Chickpea Salad	Tomato, Butter Bean and Pepper Pasta Salad	Shepherd's Pie with Sweet Potato Topping	Rainbow Rice Salad served with Tuna
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				