



## menu week 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	Choice of cereals, toast and porridge	Choice of cereals, toast, yogurt and raisins	Choice of cereals, toast and croissants	Choice of cereals, toast and pureed fruit with yogurt	Choice of cereals, toast and fruit bread
Snack	Fruit	Cheese and crackers	Fruit	Melba Toast	Fruit
Lunch	Chicken, mushroom, spinach and tomato fusilli pasta or mushroom, spinach and tomato fusilli pasta	Hake in a parsley sauce with baby potatoes and seasonal veg, or veg grills with baby potatoes and seasonal veg	Roast dinner with roast potatoes and seasonal vegetables	Vegetable lasagne	Thai chicken curry and rice, or Thai soya bean curry and rice and chapattis
Pudding	Chocolate delight	Mandarins and yogurt	Ice cream	Jelly	Stewed apples and custard
Snack	Breadsticks	Fruit	Digestive or rich tea biscuit	Fruit	Oatcakes
Tea	Carrot and coriander soup with a cheesy baguette	Mince lamb and vegetable pilaf or mince quorn with vegetable pilaf	Tortilla wrap with ham, cheese or chicken with cucumber and grated carrot	Oriental vegetables or chicken noodles with seasonal vegetables	Mini pasta shells in a minestrone sauce with a crispy baguette
Pudding	Home made fruit cake	Melon	Oranges	Home made cornflake and sultana cookies	Fruit salad



## menu week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	Choice of cereals, toast and porridge	Choice of cereals, toast, yogurt and raisins	Choice of cereals, toast and croissants	Choice of cereals, toast and pureed fruit with yogurt	Choice of cereals, toast and fruit bread
Snack	Fruit	Melba toast	Fruit	Crackers and raisins	Fruit
Lunch	Broccoli and cauliflower bake with carrots and leeks	Mixed vegetable curry and rice with naan or chapattis	Pollock fish cake or vegetable grill with baby potatoes and seasonal veg	Roast dinner with roast potatoes and seasonal veg	Chicken casserole with mash potatoes and seasonal veg or cannelloni bean casserole with seasonal veg
Pudding	Rice pudding	Jelly	Banana custard	Ice cream	Strawberry delight
Snack	Cheese twists	Fruit	Oatcakes	Fruit	Breadsticks
Tea	Mince lamb and vegetable spaghetti or mince quorn and vegetable spaghetti	Tuna, sweetcorn and pea pasta bake or soya bean, sweetcorn and pea pasta bake	Chicken and vegetable risotto or vegetable risotto	Vegetable soup with mini puff pastry pizzas	Macaroni cheese
Pudding	Home made chocolate cake	Melon	Home made Swiss roll	Oranges	Fruit salad



## menu week 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	Choice of cereals, toast and porridge	Choice of cereals, toast, yogurt and raisins	Choice of cereals, toast and croissants	Choice of cereals, toast and pureed fruit with yogurt	Choice of cereals, toast and fruit bread
Snack	Fruit	Crackers and cheese	Fruit	Oatcakes	Fruit
Lunch	Vegetable and bean hotpot	Roast dinner with roast potatoes and seasonal veg	Lamb moussaka with carrot and leeks or vegetable moussaka with leeks	Hake or vegetable grill with a ratatouille sauce with baby potatoes and seasonal veg	Chicken korma curry with rice, or chickpea and vegetable korma curry with rice
Pudding	Chocolate or strawberry delight	Ice cream	Jelly	Peaches and cream	Banana custard
Snack	Bread sticks	Fruit	Melba toast	Fruit	Cheese twists
Tea	Fish cakes with baby potatoes and seasonal vegetables	Curried vegetable and lentil soup with chapattis or naan	Oriental chicken with vegetables and noodles or oriental vegetables with noodles	Courgette, mushroom and sweet potato spaghetti in a tomato sauce	Tomato and vegetable penne
Pudding	Oranges	Home made fruit and oat cookies	Melon slices	Home made carrot cake	Fruit salad



## menu week 4

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	Choice of cereals, toast and porridge	Choice of cereals, toast, yogurt and raisins	Choice of cereals, toast and croissants	Choice of cereals, toast and pureed fruit with yogurt	Choice of cereals, toast and fruit bread
Snack	Fruit	Oatcakes	Fruit	Cheese and crackers	Fruit
Lunch	Broccoli and cauliflower cheese bake with hidden vegetables	Vegetable lasagne	Roast dinner with roast potatoes and seasonal veg	Mince lamb and pearl barley stew with potato wedges and seasonal veg or vegetable and pearl barley stew with potato wedges and seasonal veg	Tuna, pea and sweetcorn fusilli or vegetable Fusilli
Pudding	Rice pudding	Peaches and cream	Ice cream	Pineapple chunks and yogurt	Apple cake and custard
Snack	Melba toast	Fruit	Bread sticks	Fruit	Cheese twists
Tea	Chicken and vegetable pilaf or chickpea and vegetable pilaf	Fish cakes with baby potatoes and seasonal vegetables	Home made pitta pizza	Tortilla wraps with ham, chicken or cheese with lettuce and grated carrot	Vegetable soup with cheesy baguette
Pudding	Home made coconut cookies	Jelly	Melon slices	Home made carrot cake	Fruit salad