

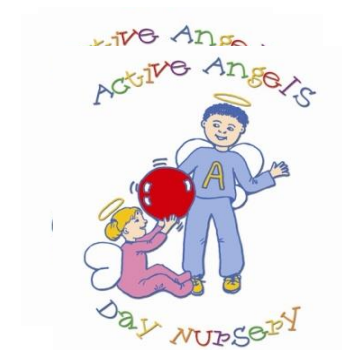


Week 1 - Menu

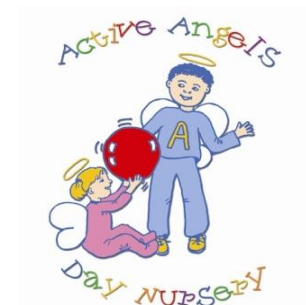
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Morning snack	Bananas and apple	Satsumas and grapes	Bananas and blueberries	Melon and apple	Bananas and grapes
Lunch	Salmon, New Potatoes, peas and parsley sauce. Quorn Chicken (v)	Chicken curry with rice Quorn Chicken (v)	Fish fingers, potatoes and beans	Vegetable Pasta Bake	Homemade Shepherds pie Quorn mince (v)
Dessert	Fruit loaf	Fromage Frais dairy free yogurts	Jelly / veg jelly	Rice Pudding	Custard / alpro pudding
Afternoon snack	Melba toast	Oat cakes	Breadsticks	Rice Cakes	Scotch pancakes
Tea	Jam sandwiches, with mixed of peppers	Ham and wraps with a side of sweetcorn and cucumber	Thins with a side of cheese, tomatoes, and peppers	Bread and Butter with side of ham and cucumber sticks	Wraps with cheese, with Tomatoes and sweetcorn
Pudding	Strawberries	Bananas	Satsumas	Grapes	Apples



Week 2 – Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Satsumas and apples	Strawberries and blueberries	Melon and banana	Apple and grapes	Bananas and satsumas
Lunch	Toad in the hole with mixed vegetables Quorn Sausages (v)	Tuna pasta bake (v)	Casserole with bread and butter Quorn Chicken (v)	Cheese and potato pie with baked beans Chicken	Beef Chilli and rice Quorn mince (v)
Dessert	Fromage Frais Free from yoghurts	Custard / alpro pudding	Fromage Frais free from yogurt	Fruit Loaf	Rice pudding
Afternoon Snack	Breadsticks	Pancakes	Rice Cakes	Melba toast	Oat cakes
Tea	Wraps with cheese and sweetcorn and cucumber	Bread and butter with side of ham, tomatoes and pepper strips	Sandwich thins, side of cheese, sweetcorn, and sliced tomatoes	Jam Sandwiches with side of peppers	Bread and butter with side of ham and cucumber
Pudding	Bananas	Grapes	Blueberries	Satsumas	Apple Slices



Week 3 – Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Bananas and apple	Blueberries and strawberries	Bananas and satsumas	Satsumas and apple	Grapes and melon
Lunch	Chicken with mixed vegetables, crispy potatoes and gravy Quorn chicken (v).	Vegetable and chickpea Paella.	Cod and Broccoli fish pie (V)	Chicken and Veg Pie with boiled potatoes	Sausage pasta bake Quorn sausages (v)
Dessert	Custard Alpro dairy free custard	Fromage Frais Free from yoghurts	Fruit Loaf	Fromage Frais Free from yogurts	Jelly / pack vegan jelly
Afternoon Snack	Rice cakes	Oatcakes	3 Melba toast	7 Scotch Pancakes	2 Breadsticks
Tea	Jam sandwiches, with sliced peppers	Wraps with cheese and side of cucumber and sweetcorn	Thins with ham, side of sliced tomatoes and cucumber	Bread and Butter with side of cheese and sweetcorn and tomatoes	Wraps with ham and a side of peppers and sweetcorn
Pudding	Grapes	Satsumas	Apple slices.	Grapes	Bananas