



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choice of cereal Banana Fruit juice or water	Potato cake & spread Fruit yogurt Grapes Fruit juice or water	Choice of cereal Banana & raisins Fruit juice or water	Choice of cereal Apple Fruit juice or water	Brown toast & spread Sliced orange Fruit juice or water
MID MORNING SNACK	Bread sticks with assorted dips Cucumber Semi skimmed milk	Toasted bagel & beef Peppers Semi skimmed milk	Brown toast & hard boiled egg Grapes Semi skimmed milk	Toasted teacake & spread Tomatoes Semi skimmed milk	Crackers & cheese spread Melon Semi skimmed milk
LUNCH	Homemade tomato ,cheese & chicken Pizza, chips & salad	Sausage in thick gravy, mash & peas	Quorn bolognaise with whole wheat pasta & broccoli with home- made garlic bread	Homemade chicken & veg broth with crusty bread	Oven baked cheesy tuna fish pie with peas
DESSERT	Ice cream & wafers	Rice pudding with banana & raisins	Mixed fruit & jelly	Cheese & biscuits	Chocolate crunch
LIGHT TEA	Beans on white toast Carrots sticks Fruit yogurt Water	Crumpet & tuna mayo & spread Tinned fruit Water	Potato Cake & ham & spread Fromage frais Apple Water	Tuna mayo or cheese sandwiches on brown bread Cucumber Water	Wholewheat pitta bread with ham or cheese Carrot sticks Grapes Water

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Brown toast & spread Orange Fruit juice or water	Choice of cereal Banana & raisins Fruit juice or water	Ready Brek Apple & raisins Fruit juice or water	Choice of cereal Fruit yogurt & melon Fruit juice or water	Crumpet & spread Apple Fruit juice or water
MID MORNING SNACK	Breadsticks & sliced cheese Melon Semi skimmed milk	Toasted teacake & spread Apple Semi skimmed milk	Toasted bagel & turkey Cucumber Semi skimmed milk	Brown toast & hard boiled egg Pears Semi skimmed milk	Crackers & cheese spread Tomato Semi skimmed milk
LUNCH	Fish fingers , potato waffles & beans	Homemade chunky minestrone & bean soup with homemade garlic bread	Creamy chicken pasta with broccoli	Mild beef curry with brown rice & sweetcorn & peas	Roast dinner with honey roast ham , mash, roast potato ,carrots & gravy
DESSERT	Rice pudding	Cheese & biscuits	Fresh fruit salad	Eves pudding & custard	Fruit Yogurt
LIGHT TEA	Toasted bagel & slice of beef Cucumber & grapes Water	Crumpet ,ham & spread Orange Water	Beans on brown toast Peppers Water	Pitta bread & tuna mayo or cheese Fruit salad Water	Potato cake , turkey & spread Chocolate cake Water

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choice of cereal Fresh fruit Fruit juice or water	Ready Brek Apple & raisins Fruit juice or water	Choice of cereal Orange Fruit juice or water	Potato cake & spread Banana & raisins Fruit juice or water	Choice of cereal Fruit yogurt & orange Fruit juice or water
MID MORNING SNACK	Breadsticks & cheese spread Cucumber Semi skimmed milk	Cheese & crackers Peppers Semi skimmed milk	Toasted teacake & spread Banana Semi skimmed milk	Pitta bread & ham Apple Semi skimmed milk	Brown barm cake & spread Grapes Semi skimmed milk
LUNCH	Herby tomato & pilchard whole wheat pasta bake with sweet corn & peas	Creamy mashed potato topped cottage pie with carrots	Chunky homemade leek, potato & butterbean soup with wholemeal bread	Homemade Butchers beef burgers , wedges & beans	Fajitas , rice & salad
DESSERT	Ice cream & tinned fruit	Fruit crumble & custard	Fresh fruit	Chocolate sponge & choc custard	Cheese & biscuits
LIGHT TEA	Toasted bagel , ham & spread Fresh fruit platter Water	Brown toast & beans Fruit yogurt & banana Water	Pitta bread & chicken roll or tuna Peppers Water	Toasted muffin with cheese spread Melon & apple Water	Toasted crumpet, turkey & spread Fresh fruit platter Water

**Eat Better
Start Better**