

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<mark>Weetabix</mark>	Weetabix	<mark>Weetabix</mark>	<mark>Weetabix</mark>	<mark>Weetabix</mark>
(7.30-8.00)	<mark>Ready Break</mark>	<mark>Ready Break</mark>	<mark>Ready Break</mark>	<mark>Ready Break</mark>	<mark>Ready Break</mark>
	<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>
Morning Snack	<mark>Toast</mark> with a choice of	Toast with a choice of	Toast with a choice of	Toast with a choice of	Toast with a choice of
9.00-9.45	Fruit	Fruit	<mark>Fruit</mark>	Fruit	<mark>Fruit</mark>
	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water
Lunch	<mark>Jacket Potato's</mark> with	Mediterranean	Lamb Bolognaise with	<mark>Turkey</mark> , <mark>leak &amp;</mark>	<mark>Fisherman's</mark> Pie with
11.30	<mark>Baked Be</mark> ans <mark>, Cheese</mark>	Ratatouille with Brown	mixed peppers, onions,	<mark>mushroom</mark> Bake with	Peas & Carrots
	& <mark>Tuna</mark>	Rice, Peppers, tomatoes,	tomatoes & Mixed	Potato Wedges	
		Aubergines, onions,	Herbs & <mark>Spaghetti</mark>		
		courgettes & Mixed Herbs	<mark>Pasta.</mark>		
Vegetarian Option			Quorn Bolognaise with	Leak & Mushroom with	
			<mark>mixed peppers, onions</mark> ,	<mark>Kidney Beans</mark> Bake with	
			<mark>red lentils</mark> & <mark>Spaghetti</mark> Pasta	Potato Wedges	
Pudding	<mark>Pears</mark> with <mark>ice cream</mark>	Banana & Custard	Gingerbread Cake with Custard	Yoghurts	<mark>Angel Delight</mark> with <mark>strawberries</mark>
Afternoon Snack					
2.00-2.45	A choice of Fruit	A choice of <mark>Fruit</mark>	A choice of <mark>Fruit</mark>	A choice of <mark>Fruit</mark>	A choice of <mark>Fruit</mark>
	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	Milk/Water	Milk/Water	<mark>Milk</mark> /Water
Теа	Tomato & Sweetcorn	<mark>Baked Beans</mark> on <mark>Toast</mark>	<mark>Butternut Squash</mark> Soup	Ham or <mark>Cheese</mark>	Cream Crackers with
(3.30)	Pasta	with <mark>Sliced Tomato's</mark>	with <mark>Crusty Bread</mark>	<mark>Sandwiches</mark> with	Cheese & Tomatoes
				Cucumber slices	<mark>Flapjacks</mark>

Key to colour coding:

Fruit and Vegetables

Bread, Rice, Pasta & other starchy foods

Meat, Fish, eggs, beans & other non dairy source of protein

Food/drink high in fat and/or sugar Milk and Dairy

which and Dairy



Monday	Tuesday	Wednesday	Thursday	Friday
<mark>Weetabix</mark>	Weetabix	<mark>Weetabix</mark>	<mark>Weetabix</mark>	<mark>Weetabix</mark>
Ready Break	Ready Break	Ready Break	<mark>Ready Break</mark>	<mark>Ready Break</mark>
<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>
Toast with a choice of	Toast with a choice of	Toast with a choice of	Toast with a choice of	Toast with a choice of
Fruit	Fruit	Fruit	<mark>Fruit</mark>	Fruit
Milk/Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water
<mark>Tuna</mark> Pasta Bake with	Roast <mark>Chicken</mark> with Roast	Winter Hotpot,	<mark>Pork</mark> Goulash with	Turkey Mince & Onion
Carrots, peas &	Potatoes, <mark>Swede</mark> &	Potatoes <mark>, Swede</mark> ,	<mark>Brown Rice</mark> , <mark>green</mark>	Pie with <mark>Potatoes</mark> , <mark>peas</mark>
Sweetcorn	Parsnips	<mark>Mixed beans</mark> , <mark>tomato,</mark>	beans & Sweetcorn	carrots & Sweetcorn
		Sweetcorn		
	Quorn Fillet, <mark>Roast</mark>		Quorn Goulash with	Quorn Mince & Onion
	Potatoes, <mark>Cabbage</mark> &		<mark>Brown Rice</mark> , <mark>green</mark>	Pie <mark>Potatoes</mark> , <mark>peas,</mark>
	<mark>Lentils</mark>		beans, Sweetcorn &	carrots, Sweetcorn &
			<mark>Borlotti Beans</mark>	Houricot Beans
Fromage Frais with	Strawberry Jelly &	<mark>Apple Crumble</mark> with	Homemade <mark>Bread</mark>	Banana's & <mark>Custard</mark>
Melon Slices	<mark>lce cream</mark>	Custard	Pudding	
A choice of Fruit	A choice of Fruit	A choice of Fruit	A choice of Fruit	A choice of Fruit
<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water
Turkey or <mark>Cheese</mark>	Vegetable <mark>Cous Cous</mark> with	Homemade <mark>pizza</mark>	<mark>Leek</mark> & <mark>Potato</mark> Soup	<mark>Spaghetti</mark> on <mark>Toast</mark>
Sandwiches &		with	&	Orange Slices
Cucumber Sticks	Aubergines & Kidney	Cheese, <mark>tomato,</mark>	<b>Oranges</b>	
	<mark>Beans</mark>	sweetcorn,		
		Mushroom & Tuna		
	Weetabix   Ready Break   Rice Krispies   Toast with a choice of   Fruit   Milk/Water   Tuna Pasta Bake with   Carrots, peas &   Sweetcorn   Fromage Frais with   Melon Slices   A choice of Fruit   Milk/Water   Turkey or Cheese   Sandwiches &	Weetabix Ready Break Rice KrispiesWeetabix Ready Break Rice KrispiesToast with a choice of Fruit Milk/WaterToast with a choice of Fruit Milk/WaterTuna Pasta Bake with Carrots, peas & SweetcornRoast Chicken with Roast Potatoes, Swede & ParsnipsQuorn Fillet, Roast Potatoes, Cabbage & LentilsQuorn Fillet, Roast Potatoes, Cabbage & LentilsFromage Frais with Melon SlicesStrawberry Jelly & Lee creamA choice of Fruit Milk/WaterA choice of Fruit Milk/WaterTurkey or Cheese Sandwiches & Cucumber SticksVegetable Cous Cous with Peppers, Courgettes, Aubergines & Kidney	Weetabix Ready Break Ready Break Rice KrispiesWeetabix Ready Break Ready Break Rice KrispiesWeetabix Ready Break Ready Break Rice KrispiesToast with a choice of Fruit Milk/WaterToast with a choice of Fruit Milk/WaterToast with a choice of Fruit Milk/WaterToast with a choice of Fruit Milk/WaterTuna Pasta Bake with Carrots, peas & SweetcornRoast Chicken with Roast Potatoes, Swede & ParsnipsWinter Hotpot, Potatoes, Swede & Mixed beans, tomato, SweetcornQuorn Fillet, Roast Potatoes, Cabbage & Lee creamQuorn Fillet, Roast Lee creamApple Crumble with CustardA choice of Fruit Milk/WaterA choice of Fruit Milk/WaterA choice of Fruit Milk/WaterA choice of Fruit Milk/WaterTurkey or Cheese Sandwiches & Cucumber SticksVegetable Cous Cous with Peppers, Courgettes, Aubergines & Kidney BeansHomemade pizza with	Weetabix Ready Break Rice KrispiesWeetabix Ready Break Rice KrispiesWeetabix Ready Break Ready Break Rice KrispiesWeetabix Ready Break Rice KrispiesToast with a choice of Fruit Milk/WaterToast with a choice of Fruit Milk/WaterPotatoes, Sweet SweetcornPotatoes, Sweet Borlotti BeansFromage Frais Melon SlicesStrawberry Jelly & Lee creamApple Crumble with CustardHomemade Bread Wilk/WaterMilk/WaterA choice of Fruit Milk/WaterA choice of Fruit Milk/WaterA choice of Fruit Milk/WaterLee

Fruit and Vegetables

Bread, Rice, Pasta & other starchy foods

Food/drink high in fat and/or sugar

Milk and Dairy

Meat, Fish, eggs, beans & other non dairy source of protein



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
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Breakfast	Weetabix	Weetabix	Weetabix	Weetabix	Weetabix
(7.30-8.00)	Ready Break	Ready Break	Ready Break	Ready Break	Ready Break
	Rice Krispies	Rice Krispies	Rice Krispies	Rice Krispies	Rice Krispies
Morning Snack	Toast with a choice of	Toast with a choice of	Toast with a choice of	Toast with a choice of	Toast with a choice of
9.00-9.45	<mark>Fruit</mark>	<mark>Fruit</mark>	<mark>Fruit</mark>	<mark>Fruit</mark>	<mark>Fruit</mark>
	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water
Lunch	Turkey Chilli con Carne	Roast <mark>Gammon</mark> with <mark>New</mark>	Caribbean <mark>Chicken</mark> with	Vegetable pie with	Fish fingers with Chips
11.30	with Jacket Potatoes &	Potatoes, Cabbage &	Rice & Coleslaw	carrots, peas,	& Peas
	Coleslaw	Gravy		sweetcorn & Mixed	
		,		Beans & Potatoes	
				Wedges	
Vegetarian Option	Cheese with Jacket	Quorn Fillets with <mark>New</mark>	Quorn Caribbean Fillets		
	Potatoes, <mark>Cole</mark> slaw &	Potatoes, <mark>Cabbage</mark> , <mark>lentils</mark>	with <mark>Rice</mark> , <mark>Lentils</mark> &		
	Kidney Beans	& Gravy	<mark>Cole</mark> slaw		
Pudding	Banana's & <mark>Custard</mark>	Carrot Cake	Peaches with Ice-Cream	Natural <mark>Yoghurt</mark> with	<mark>Fruit</mark> Trifle
				<b>Strawberries</b>	
Afternoon Snack	A choice of Fruit	A choice of Fruit	A choice of Fruit	A choice of Fruit	A choice of Fruit
(2.00-2.45)	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
, , ,					
Теа	Crumpets with Peppers &	<mark>Vegetable</mark> Soup	Ham or <mark>Cheese</mark> Wraps	<mark>Macaroni</mark> Cheese with	Rice Cakes with soft
(3.30)	Cucumber Sticks	Melon	with <mark>Cucumber, Lettuce</mark>	lentils	Cheese & Carrot Sticks
			& Tomatoes	Oranges	<b>Flapjacks</b>

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Meat, Fish, eggs, beans & other non dairy source of protein

Food/drink high in fat and/or sugar

Milk and Dairy



Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<mark>Weetabix</mark>	<mark>Weetabix</mark>	<mark>Weetabix</mark>	<mark>Weetabix</mark>	<mark>Weetabix</mark>
(7.30-8.00)	<mark>Ready Break</mark>	<mark>Ready Break</mark>	<mark>Ready Break</mark>	<mark>Ready Break</mark>	<mark>Ready Break</mark>
	<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>	<mark>Rice Krispies</mark>
Morning Snack	<mark>Toast</mark> with a choice of	Toast with a choice of	Toast with a choice of	Toast with a choice of	Toast with a choice of
(9.00-9.45)	Fruit	Fruit	<mark>Fruit</mark>	<mark>Fruit</mark>	<mark>Fruit</mark>
	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water
Lunch	Cheese, <mark>onion</mark> & <mark>Potato</mark>	Lamb Shepherd's Pie with	Chicken Curry &	<mark>Fish</mark> in <mark>Parsley Sauce</mark>	Sausages with Sweet
(11.30)	Pie with <mark>Baked Beans</mark>	Carrots , Sweetcorn &	<mark>Basmati Rice</mark> with Fresh	with Mashed Potato,	Potatoes & Cabbage
		Peas	<mark>Salad</mark>	Peas & Carrots	
Vegetarian Option		Quorn Mince with Kidney	Chickpea Curry &		Quorn Sausages with
		<mark>Beans</mark> , <mark>carrots, peas &amp;</mark>	<mark>Basmati Rice</mark> with <mark>Fresh</mark>		<mark>Sweet Potatoes</mark> ,
		Sweetcorn	Salad		Cabbage & Lentils
Pudding	<mark>Fruit Cocktail</mark>	Banana's with Ice-Cream	<mark>Rice</mark> Pudding	Natural <mark>Yoghurt</mark> with	Lime Jelly with <mark>Melon</mark>
				<b>Blueberries</b>	
Afternoon Snack	A choice of Fruit	A choice of Fruit	A choice of Fruit	A choice of Fruit	A choice of Fruit
(2.00-2.45)	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water	<mark>Milk</mark> /Water
Теа	Tuna & Sweetcorn	Tomato with Sweetcorn &	Muffins with <mark>soft</mark>	Minestrone Soup with	Chicken Pitta Pockets &
(3.30)	Sandwiches with Carrot	Lentil Pasta	Cheese & Pepper &	Raisins	Sliced Tomatoes &
(3.30)	Sticks & Raisins		Cucumber Sticks	וומושה	
		Oranges			Quorn Chicken Pieces
		or diges			
		Oranges			Quorn Chicken Piec with <mark>Lentils</mark>

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Fruit and Vegetables

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Food/drink high in fat and/or sugar

Meat, Fish, eggs, beans & other non dairy source of protein

Milk and Dairy