

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cereal Toast / fresh fruit/ yoghurt Milk/ fruit juice/ water	Breakfast Pan au chocolate/ croissant/cereal/ Fresh fruit Milk/ fruit juice/water	Breakfast Cereal Toast / fresh fruit/yoghurt Milk/ fruit juice/water	Breakfast cereal Muffins/ crumpets/ Fresh fruit Fruit juice / milk/water	Breakfast Cereal Toast/ fresh fruit/yoghurt Milk/ fruit juice/water
Mid morning snack. Fresh / dried fruit. Bread sticks Water/milk/juice	Mid morning snack. Fresh / dried fruit. Rice cakes Mini tomatoes/cue/celery Water/milk/juice	Mid morning snack. Fresh / dried fruit. Rice cakes and vegetable dip/ cue sticks Water/milk/juice	Mid morning snack. Fresh / dried fruit. yoghurts/ Bread sticks Water/milk/juice	Mid morning snack. Fresh / dried fruit. Carrot sticks / cheese Bread sticks Water/milk/juice
Lunch Sandwiches with various fillings Fresh fruit/ yoghurt Milk/ water /juice	Lunch Sandwiches with various fillings Fresh fruit/ yoghurt Milk/ water /juice	Lunch Pizza / Sandwiches with various fillings Fresh fruit/ yoghurt Milk/ water /juice	Lunch Baked Bean pie with cheesy bread Banana / apple cake Milk shake/ smoothies/ water / juice	Lunch Shepherds pie and fresh vegetables. Fromage frais / fruit
Mid afternoon snack Fresh / dried fruit Plain biscuit Homemade cake Water/juice	Mid afternoon snack Fresh / dried fruit Plain biscuit Homemade cake Water/juice	Mid afternoon snack Fresh / dried fruit Plain biscuit Homemade cake Water/juice	Mid afternoon snack Fresh / dried fruit Plain biscuit Homemade cake Water/juice	Mid afternoon snack Fresh / dried fruit Plain biscuit Homemade cake Water/juice
Dinner Slow cooked beef casserole , mashed potato Fruit/ yoghurts/ mini cake	Dinner Vegetable / chicken curry / rice Fruit kebabs and fruit sauce/ fromage frais Smoothies/ milk shakes	Dinner Vegetable lasagne/ potato wedges and salad Currant bread/ fruit	Dinner Patsta bake with seasonal vegetables / Garlic bread / yoghurts/ fruit/ crackers and cheese	Dinner Fish / various vegetables/ potatoes /fruit jelly / yoghurt

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<i>Mid morning snack.</i> Fresh / dried fruit. Bread sticks Water/milk/juice	<i>Mid morning snack.</i> Fresh / dried fruit. Rice cakes Mini tomatoes/cue/celery Water/milk/juice	<i>Mid morning snack.</i> Fresh / dried fruit. Rice cakes and vegetable dip/ cue sticks Water/milk/juice	<i>Mid morning snack.</i> Fresh / dried fruit. yoghurts/ Bread sticks Water/milk/juice	<i>Mid morning snack.</i> Fresh / dried fruit. Carrot sticks / cheese Bread sticks Water/milk/juice
<i>Lunch</i> Sandwiches with various fillings Fresh fruit/ yoghurt Milk/ water /juice	<i>Lunch</i> Sandwiches / wraps/with various fillings Fresh fruit/ yoghurt Milk/ water /juice	<i>Lunch</i> Sandwiches with various fillings Fresh fruit/ yoghurt Milk/ water /juice	<i>Lunch</i> Beans/spaghetti/ egg/ cheeseon toast Fresh fruit/ yoghurt Milk/ water /juice	<i>Lunch</i> Pasta bake , fresh bread / salad Fresh fruit/ yoghurt Milk/ water /juice
<i>Mid afternoon snack</i> Fresh / dried fruit Plain biscuit Homemade cake Water/juice	<i>Mid afternoon snack</i> Fresh / dried fruit Plain biscuit Homemade cake Water/juice	<i>Mid afternoon snack</i> Fresh / dried fruit Plain biscuit Homemade cake Water/juice	<i>Mid afternoon snack</i> Fresh / dried fruit Plain biscuit Homemade cake Water/juice	<i>Mid afternoon snack</i> Fresh / dried fruit Plain biscuit Homemade cake Water/juice
<i>Dinner</i> Sausages / beans/ mash Fromage frais / fruit/ muffins	<i>Dinner</i> Risotto Fruit platter/ homemade gingerbread	<i>Dinner</i> Spaghetti bolognaise Fromage frais / fruit	<i>Dinner</i> Pasta bake & cheesy bread Banana / apple cake	<i>Dinner</i> Fish pie /cauliflower and peas / fruit

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<i>Lunch</i> Sandwiches with various fillings Fresh fruit/ yoghurt Milk/ water /juice	<i>Lunch</i> Sandwiches with various fillings Fresh fruit/ yoghurt Milk/ water /juice	<i>Lunch</i> Sandwiches with various fillings Fresh fruit/ yoghurt Milk/ water /juice	<i>Lunch</i> Tortillas /salad/ Fresh fruit/ yoghurt Milk/ water /juice	<i>Lunch</i> Pizza & garlic bread Fresh fruit/ yoghurt Milk/ water /juice
<i>Mid afternoon snack</i> Fresh / dried fruit Plain biscuit Homemade cake Water/juice	<i>Mid afternoon snack</i> Fresh / dried fruit Plain biscuit Homemade cake Water/juice	<i>Mid afternoon snack</i> Fresh / dried fruit Plain biscuit Homemade cake Water/juice	<i>Mid afternoon snack</i> Fresh / dried fruit Plain biscuit Homemade cake Water/juice	<i>Mid afternoon snack</i> Fresh / dried fruit Plain biscuit Homemade cake Water/juice
<i>Dinner</i> Casserole/chunky mash/ broccoli Fromage frais / fruit/ muffins	<i>Dinner</i> Chicken pot pie / carrots Fruit platter/ homemade gingerbread	<i>Dinner</i> Chicken curry/ naan bread Fromage frais / fruit platter .	<i>Dinner</i> Pasta with spinach Banana / apple cake Fruit/ yoghurt	<i>Dinner</i> Fish goujons / potato wedges/ beans/peas/ yoghurt/ fruit

All subject to change as fresh ingredients sourced locally.