

week
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Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack AM	Crackers served with cheese spread	Yoghurt and pineapple	Buttermilk pancakes served with sliced bananas	Seasonal Fruit Selection	Crumpets with an apple compote
Lunch	Vegetable bolognese with wholemeal pasta served with sweetcorn Tinned Mandarins and Plain yoghurt	Beetroot dip served with homemade nachos Shepherd's pie made with lamb mince or vegan mince with kale and served green beans	Roast chicken or Quorn fillet served with new potatoes, cabbage, broccoli and gravy Carrot and cheese biscuits	Homemade nachos Served with a salsa dip Beef chilli con carne or Five bean chilli con carne With brown and white rice	Salmon Fishcakes Served with potato wedges and mushy peas Peach crumble and unsweetened custard
Snack PM	Seasonal Fruit Selection	Sliced Cheese and tomato	Seasonal Vegetable Selection	Wholemeal toast with spread	Seasonal Vegetable Selection
Tea	Vegan sausage roll with coleslaw Fresh Melon Slice	Vegetable batons with chickpea hummus Cheese spread or salmon bagels	Egg mayonnaise wholemeal sandwiches Mixed salad	Chicken or cheese and lettuce bread roll Vegetable batons	Hummus and pitta bread strips Strawberry Jelly

week
2

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack AM	Wholemeal toast with spread	Seasonal Fruit Selection	Tomatoes with sliced cheese	Seasonal Vegetable Selection	Buttermilk pancakes with tangerine segments
Lunch	Cajun cubed roasted sweet potatoes Coconut, lentil and chickpea dahl served with brown and white rice	Garlic and coriander Naan bread Lamb or vegan mince moussaka served with broccoli	Chicken and vegetable casserole with mashed potatoes served with diced carrots Unsweetened rice pudding with an raspberry and apple compote	Roast ham or Quorn fillet with roast potatoes served with sweetcorn, green beans and gravy Yorkshire Pudding	Breaded Fish Fingers, served with potato wedges and mushy peas Raspberry mousse
Snack PM	Seasonal Vegetable Selection	Crackers and butterbean dip	Seasonal Fruit Selection	Crumpets with mashed avocado	Seasonal Fruit Selection
Tea	Tuna salad Fresh Melon Slice	Turkey Wraps Orange jelly with pineapples	Spicy chickpea pasta Mixed Salad	Pea and feta crustless flan Sliced Banana and plain yoghurt	Mini Ploughman's style tea Hummus and vegetable batons

week
3

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack AM	Yoghurts with a raspberry compote	Seasonal Vegetable Selection	Crackers with spread and sliced bananas	Seasonal Fruit Selection	Wholemeal Toast with avocado slices
Lunch	Roasted carrots and parsnips batons Beef and root vegetable ragu with wholemeal pasta served with broccoli	Root Vegetable soup served with cheese sandwich Apple crumble and unsweetened custard	Sausage or vegan sausage and mash potato with peas and sweetcorn and gravy Seasonal winter berries mousse	Coriander and herb naan bread Sweet potato, chickpea and spinach curry served with white and brown rice	Fish pie topped with potatoes served with green beans Orange jelly with mandarins
Snack PM	Seasonal Fruit Selection	Crackers and butter bean dip	Seasonal Vegetable Selection	Cheese and tomato slices	Seasonal Vegetable Selection
Tea	Do It Yourself Wraps Scones with spread	Pitta bread pockets filled with Tuna mayonnaise Cucumber and carrot batons	Cheese and onion flan Mixed salad	Ham salad wholemeal sandwiches Fruit based Peach muffins	Homemade Cheese and Carrot biscuits with Sweetcorn and tomato salsa Sliced melon