



WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of cereals Fruit, yoghurt and warm toast				
Snack	Snack	Snack	Snack	Snack
Apple slices	Brioche	Pineapple sticks	Crumpets	Banana sticks
Lunch	Lunch	Lunch	Lunch	Lunch
Quorn roast Yorkshire pudding and mixed vegetables	Potato and spinach curry with rice	Vegetable pasta bake and garlic bread	Jacket potato with vegetable chilli and cheese	Fish fingers, chipped potatoes and sweetcorn
Snack	Snack	Snack	Snack	Snack
Marmite crackers	Satsumas	Sprinkle cake	Melon slices	Crackerbread and butter
Tea	Tea	Tea	Tea	Tea
Cheese and cucumber triangle sandwiches, yoghurt	Pizza slice baby corn, nectarines	Vegetarian sausage roll, baked beans and yoghurt	Pasta pesto Pineapple sticks	Quorn cheese triangle sandwiches, yoghurt



WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of cereals Fruit, yoghurt and warm toast				
Snack	Snack	Snack	Snack	Snack
Pear slices	Malt bread	Banana sticks	Rice cake and butter	Nectarine wedges
Lunch	Lunch	Lunch	Lunch	Lunch
Quorn nuggets with vegetable cous-cous	Halal chicken, sweetcorn pasta and garlic bread	Vegetarian cowboy pie	Ratatouille and rice	Fish cake, new potatoes and peas
Snack	Snack	Snack	Snack	Snack
Fruit loaf	Satsumas	Toast triangles	Pineapple fingers	Chocolate Rice Krispie cake
Tea	Tea	Tea	Tea	Tea
Spaghetti hoops on toast, watermelon	Toasted cheesy bagel, carrot sticks, yoghurt	Pizza pastry, cucumber sticks, nectarines	Potato salad, baby corn, yoghurt	Jam/Marmite Sandwiches Strawberries



WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of cereals Fruit, yoghurt and warm toast	Choice of cereals Fruit, yoghurt and warm toast	Choice of cereals Fruit, yoghurt and warm toast	Choice of cereals Fruit, yoghurt and warm toast	Choice of cereals Fruit, yoghurt and warm toast
Snack	Snack	Snack	Snack	Snack
Cream crackers and Marmite	Satsumas	Breadsticks with sour cream dip	Watermelon	Crackerbread and butter
Lunch	Lunch	Lunch	Lunch	Lunch
Savoury vegetable mince, roast potatoes and cabbage	Hidden vegetables in tomato sauce pasta Garlic bread	Jacket potato, cheese and beans	Potato and spinach curry with rice	Fish fingers, chipped potatoes and spaghetti hoops
Snack	Snack	Snack	Snack	Snack
Apple slices	Chocolate cupcakes	Pineapple sticks	Crumpets	Banana fingers
Tea	Tea	Tea	Tea	Tea
Quorn ham and tomato sandwiches, yoghurt	Vegetarian sausage roll and baked beans, nectarines	Margherita pizza slice, baby corn, yoghurt	Pasta pesto, strawberries	Cream cheese and cucumber sandwiches, yoghurt



WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of cereals Fruit, yoghurt and warm toast	Choice of cereals Fruit, yoghurt and warm toast	Choice of cereals Fruit, yoghurt and warm toast	Choice of cereals Fruit, yoghurt and warm toast	Choice of cereals Fruit, yoghurt and warm toast
Snack	Snack	Snack	Snack	Snack
Fruit loaf	Banana sticks	Toast fingers	Watermelon	Breadsticks with hummus dip
Lunch	Lunch	Lunch	Lunch	Lunch
Nuggets and Mediterranean baby potatoes	Falafal and cous-cous salad	Vegetarian sausages, cauliflower cheese and green beans	Quorn meatballs with pasta	Fishcakes, new potatoes and sweetcorn
Snack	Snack	Snack	Snack	Snack
Pear slices	Malt bread	Nectarines	Flapjack	Satsumas
Tea	Tea	Tea	Tea	Tea
Toasted cheesy bagel, carrot sticks, yoghurt	Pizza pastry, cucumber sticks, pineapple	Spaghetti hoops and bread & butter yoghurt	Potato salad, baby corn, strawberries	Jam/Marmite sandwiches, yoghurt