

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Fresh fruit	Humus and bread sticks	Apple & cheese	Dairylea and crackers	Fresh fruit
LUNCH	Pastitsio	Fish pie and vegetables	Chicken and tomato pasta bake	Vegetable and chick pea curry with rice and popadoms	Roast turkey, mash, vegetables and gravy
PUDDING	Bananas and custard	Iced sponge and custard	Fresh fruit cocktail and vanilla yogurt	Chocolate brownies & ice cream	Jam tart and custard
SNACK	Rice cakes & sultanas	Fresh fruit	Rice cakes and marmite	Fresh Fruit	Bread sticks and sultanas
TEA	Rolls with various fillings, yogurt and homemade cake	Sausage rolls, tomatoes, cucumber and yogurt	Sandwiches with various fillings, yogurt and homemade biscuit	Rolls with various fillings, tomatoes and cucumber and yogurt	Wraps with various fillings, yogurt and homemade cake

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Rice cakes and marmite	Fresh fruit	Dairytea and crackers	Fresh fruit	Bread sticks and sultanas
LUNCH	Chicken fricassee and rice	Meatballs in tomato sauce with pasta	Lamb stew with new potatoes	Cottage pie and vegetables	Macaroni cheese
PUDDING	Vanilla ice cream, wafers and chocolate sauce	Fruit crumble and custard	Chocolate sponge and custard	Fruit flapjack and vanilla sauce	Chocolate pinwheels and chocolate sauce
SNACK	Fresh fruit	Cheese straws	Fresh fruit	Rice cakes	Fresh fruit
TEA	Cheese pinwheels, yogurt and homemade biscuit	Wraps with various fillings and salad sticks and yogurt	Sausage rolls, yogurt and homemade biscuit	Sandwiches with various fillings, veg sticks and yogurt	Homemade pizza, yogurt and homemade cake

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Fresh fruit	Crackers and spreads	Fresh fruit	Bread sticks and humus	Cheese and grapes
LUNCH	Vegetable lasagne with garlic bread	Chicken and vegetable pie with new potatoes	Beef chilli with rice	Roast turkey, mash, vegetables and gravy	Tuna and cheese pasta bake
PUDDING	Chocolate flapjack and mint sauce	Bananas and custard	Chocolate brownie with ice cream	Bread and butter pudding with custard	Lemon bakewell and vanilla sauce
SNACK	Rice cakes	Fresh fruit	Bread sticks and sultanas	Fresh fruit	Rice cakes and sultanas
TEA	Rolls with various fillings, yogurt and homemade cake	Sausage rolls, yogurt and homemade cake	Rolls with various fillings, tomato, cucumber and yogurt	Wraps with various fillings, yogurt and homemade biscuit	Sandwiches with various fillings, veg sticks and yogurt

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Crackers and Spreads	Fresh fruit	Rice cakes and marmite	Apple and cheese	Bread sticks and humus
LUNCH	Chicken curry with rice and popadoms	Macaroni cheese	Spaghetti bolognese	Sausage brunchies, mash and vegetables	Beef stew with new potatoes
PUDDING	Syrup sponge and custard	Cinnamon raisin pinwheels and vanilla sauce	Rice pudding with jam	Chocolate sponge and chocolate sauce	Apple turnover and custard
SNACK	Fresh fruit	Rice cakes	Fresh fruit	Breadsticks & sultanas	Fresh fruit
TEA	Wraps with various fillings, yogurt and homemade biscuit	Sandwiches with various fillings, vegetable sticks and yogurt	Homemade pizza, yogurt and homemade cake	Sandwiches with various fillings, salad sticks and yogurt	Rolls with various fillings, yogurt and homemade biscuit