Week 1					
Day	**Monday**	**Tuesday - Meat Free**	**Wednesday**	**Thursday - Meat Free**	**Friday**
Breakfast	Strawberry porridge OR Weetabix with Strawberry	Banana porridge OR Weetabix with Banana	Cinnamon porridge OR Weetabix with Dried Fruit	Strawberry porridge OR Weetabix with Strawberry	Banana porridge OR Weetabix with Banana
Morning snack	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear
Lunch	Cod, Potato and Spinach Curry OR Potato and Spinach Curry	Roast vegetable lasagne with garlic bread	Chicken fajitas OR mushroom fajitas	Vegetable Curry and rice	Corned beef hash OR lentil chilli con carne both served with crusty bread
	Banana and blueberry pancake	Homemade 40% fruitcake with custard	Fruit crumble with custard	Homemade rice pudding with apple puree	Scones with cream and fruit compote
Tea	Spanish omlette	Homemade pizza with tomato and cheese topping, served with selection of vegetable sticks.	Jacket potatoes with cheese or tuna and sweetcorn filling.	Pasta with chopped tomtoes and grated cheese	Cheese and ham sandwiches served with a selection of vegetable sticks.

Week 2					
Day	**Monday**	**Tuesday - Meat Free**	**Wednesday**	**Thursday - Meat Free**	**Friday**
Breakfast	Strawberry porridge OR Weetabix with Strawberry	Banana porridge OR Weetabix with Banana	Cinnamon porridge OR Weetabix with Dried Fruit	Strawberry porridge OR Weetabix with Strawberry	Banana porridge OR Weetabix with Banana
Morning snack	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear
Lunch	Spaghetti Bolognese OR Lentil Bolognese	Cous cous and chickpea salad	Fisherman's Pie with Leeks and Peas OR Brocolli, Leek and Pea Pie	Vegetable and Lentil Dhansak with rice	Chicken with pasta and roast red pepper sauce OR Pasta and roast red pepper sauce
	Banana and blueberry pancake	Homemade 40% fruitcake with custard	Fruit crumble with custard	Homemade rice pudding with apple puree	Scones with cream and fruit compote
Tea	Spanish omlette	Homemade pizza with tomato and cheese topping, served with selection of vegetable sticks.	Jacket potatoes with cheese or tuna and sweetcorn filling.	Pasta with chopped tomtoes and grated cheese	Cheese and ham sandwiches served with a selection of vegetable sticks.

Week 3					
Day	**Monday**	**Tuesday - Meat Free**	**Wednesday**	**Thursday - Meat Free**	**Friday**
Breakfast	Strawberry porridge OR Weetabix with Strawberry	Banana porridge OR Weetabix with Banana	Cinnamon porridge OR Weetabix with Dried Fruit	Strawberry porridge OR Weetabix with Strawberry	Banana porridge OR Weetabix with Banana
Morning snack	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear	Rice cake, crackers or breadsticks with soft cheese, houmous, salmon paste or pate followed by a piece of apple or pear
Lunch	Fish Pie served with peas OR Vegetable and Lentil Dhansak	Homity Pie (cheese and potato) served with baked beans	Hungarian Goulash served with rice OR Sweet Potato Goulash served with rice	Lentil shepherds pie	Chicken Jambalaya OR Mushroom Rice
	Banana and blueberry pancake	Homemade 40% fruitcake with custard	Fruit crumble with custard	Homemade rice pudding with apple puree	Scones with cream and fruit compote
Tea	Spanish omlette	Homemade pizza with tomato and cheese topping, served with selection of vegetable sticks.	Jacket potatoes with cheese or tuna and sweetcorn filling.	Pasta with chopped tomtoes and grated cheese	Cheese and ham sandwiches served with a selection of vegetable sticks.