



<b><u>Week 1</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
<b><u>Lunch</u></b>	Chicken curry & Rice  Mixed fruits	Chicken/Quorn lasagne  Yoghurt	Couscous & mixed vegetables  Homemade biscuits	Chicken/Quorn stew vegetable  Ice Cream	Fish Finger/vegetable fingers and beans  Rice Pudding
<b><u>Afternoon Tea</u></b>	Homemade pizzas	Beans & Toast	Savoury Omelette	Cheese Sandwich	Lentil Soup and naan bread

<b><u>Week 2</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
<b><u>Lunch</u></b>	Macaroni cheese  Shortbread	Mixed vegetable with rice  Pancakes with jam	Goulash with chicken/Quorn  Jelly	Lentils curry and naan bread/rice  Crispy Bar	Jacket potatoes and beans  Mixed Fruits
<b><u>Afternoon Tea</u></b>	Egg mayonnaise/cucumber cheese sandwiches	Homemade vegetable soup with naan	Mixed vegetable cheese wrap	Spaghetti Hoops on toast	Toasted Cheese Sandwich

<b><u>Week 3</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
<b><u>Lunch</u></b>	Oven chicken with vegetable  Pancake with banana	Pasta with broccoli and cheese  Carrot cake	Vegetable curry with rice  Custard	Potato salad  Jam Tart	Fish Finger/vegetable fingers and beans  Yoghurt
<b><u>Afternoon Tea</u></b>	Lentils and naan bread	Quesadilla with beans and cheese	Tomato soup and toast	Cheese and vegetable sandwich	Omelette

<b><u>Week 4</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
<b><u>Lunch</u></b>	Oven potatoes and vegetables with cheese  Homemade cupcakes	Chicken/Quorn curry with rice  Homemade biscuits	Chickpeas stew with naan bread  Mixed Fruits	Pasta with mixed vegetable and potato  Pear Tart	Fish Finger/vegetable fingers with oven vegetables  Yoghurt
<b><u>Afternoon Tea</u></b>	Scrambled eggs	Wraps with cheese and cucumber	Chicken/Quorn sandwiches	Vegetable muffins	Chicken Soup and naan bread