

Everyday menu

<u>Week 1</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u> 8am-9am	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast
<u>Morning snack</u> 10am-10.20am	Cucumber and kiwi	Apples and raisins	Pear and cheese sticks	clementine's and peach	Oranges and pepper sticks
<u>Lunch</u> 12.00-1.00pm	minced beef, sweetcorn & carrot pasta mix	Salmon stew with vegetable rice	Home-made cottage pie	Vegetable soup	Beef and vegetable casserole with Yorkshire pudding & gravy
<u>Pudding</u>	Fruit yogurt	Banana slices	Raisins	Slice of cake	Sugar free jelly
<u>Afternoon tea</u> 3.40pm-4.15	Fish cakes and salad	Tomato and cheese pizza	Baked beans on toast	Fish fingers and salad	Selection of ham, jam and cream cheese sandwiches

<u>Week 2</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u> 8am-9am	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast
<u>Morning snack</u> 10am-10.20am	Banana and breadsticks	Kiwi and oranges	Pear and Pepper sticks	Mixed selection of fruit	Apple and cucumber
<u>Lunch</u> 12.00-1.00pm	Beef meatballs served with mashed potato in a tomato sauce	Chicken and vegetable soup	Pasta carbonara with homemade cream sauce	Beef stew with rice and peas	Beans on toast with grated cheese
<u>Pudding</u>	Apple slices	Raisins	Ice cream	Apple crumble	Frozen yogurt
<u>Afternoon tea</u> 3.40pm-4.15	Fish cakes and beans	ham sandwiches with tomato chunks	Jam Crackers and fresh yogurt	Cheese sandwiches	potato balls and fish fingers

Week 3	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u> <u>8am-9am</u>	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast
<u>Morning snack</u> <u>10am-10.20am</u>	Mixed selection of fruit	Apple and pear	Oranges and raisins	Breadsticks and banana	Mixed selection of fruit
<u>Lunch</u> <u>12.00-1.00pm</u>	Spinach and French bean soup	Spaghetti Bolognese	Roast chicken with roast potatoes & gravy	Tuna stew with a carrot savoury rice	Creamy Broccoli and tomato pasta bake
<u>Pudding</u>	Rice cake	Ice cream	Fruit jelly	Fresh Yogurt	Raisins
<u>Afternoon tea</u> <u>3.40pm-4.15</u>	Crackers with cheddar cheese and tomato	Chicken dippers with pepper sticks	Tomato and cheese pizza	Home-made cottage pie	Selection of ham, jam and cream cheese sandwiches

Week 4	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u> <u>8am-9am</u>	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast
<u>Morning snack</u> <u>10am-10.20am</u>	Mixed selection of fruit	Oranges and breadsticks	Pear and cheese sticks	Peach and raisins	Apple and kiwi
<u>Lunch</u> <u>12.00-1.00pm</u>	Chicken tomato stew with rice and cucumber	White fish with homemade mashed potato and French beans	Meat and vegetable lasagne	Broccoli and potato soup	Tuna couscous stew
<u>Pudding</u>	Orange or clementine	fresh yogurt	Apple crumble	Fruit salad	Rice cake
<u>Afternoon tea</u> <u>3.40pm-4.15</u>	Jam toast	Sausage roll with salad	Crackers with butter	Chicken dippers and potato balls	Cucumber sandwiches and yogurt