

# Week 1

## MONDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Toasted bagel with butter & banana

### Lunch

Homemade chicken nuggets, sweet potato fries & baked beans

Fresh fruit salad

### Afternoon Tea

Rice cakes with pate, cheese spread or plain

## TUESDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Apple & grapes

### Lunch

Chicken tikka masala curry & pilau rice

Fruit muffin

### Afternoon Tea

Toasted fruit loaf & apple

## WEDNESDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Toast with butter & jam/marmalade & pear

### Lunch

Sausage casserole with roast potatoes & green beans

Yoghurt

### Afternoon Tea

Breadsticks, carrot sticks, peppers & dips

## THURSDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Satsuma & banana

### Lunch

Jacket potato with tuna mayo or cheese

Chocolate cornflake cake

### Afternoon Tea

Croissant served warm with butter & jam

## FRIDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Crumpet with butter & melon

### Lunch

Homemade pizza with salad & coleslaw

Macaroni cheese for babies

Jelly & fruit

### Afternoon Tea

Cheese, crackers & grapes



# Week 2

## MONDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Toast and apple

### Lunch

Breaded fish, oven baked  
chips & peas

Jam tart

### Afternoon Tea

Croissants served with  
cheese

## TUESDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Watermelon/ honeydew  
melon

### Lunch

Sweet and sour chicken &  
rice

Arctic roll

### Afternoon Tea

Crumpet with choice of  
toppings

## WEDNESDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Toasted cinnamon bagel &  
grapes

### Lunch

Vegetable risotto

Banana & custard

### Afternoon Tea

French toast with  
pate/cheese spread

## THURSDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Pear & dried fruit

### Lunch

Chilli con carne, tortilla  
chips & melted cheese

Fresh fruit salad

### Afternoon Tea

Rice cakes with a choice of  
toppings

## FRIDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Toasted fruit loaf & satsuma

### Lunch

Sausage, carrots and  
mashed potatoes with gravy

Homemade cookies

### Afternoon Tea

Fruit filled pancake





# Week 3

## MONDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Orange

### Lunch

Mini Kiev , curly fries & salad

Yoghurt

### Afternoon Tea

Scones with jam & strawberries

## TUESDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Toasted fruit loaf & apple

### Lunch

Fish cake, cheese sauce, new potatoes & carrots

Mixed melon

### Afternoon Tea

Rice cakes with a choice of toppings

## WEDNESDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Melon

### Lunch

Roast chicken, Yorkshire pudding, cauliflower, broccoli & gravy

Swiss roll with ice cream

### Afternoon Tea

Choice of sandwiches

## THURSDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Banana & pear

### Lunch

Buffet lunch – sandwiches, mini sausage, pork pie & salad

Madeira cake & custard

### Afternoon Tea

Indian snacks & chutney

## FRIDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Toasted bagel & dried fruit

### Lunch

Jacket potato served with cheese & beans

White chocolate rice krispie cake

### Afternoon Tea

Breadsticks, cheese straws & choice of dips



# Week 4

## MONDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Toast & melon

### Lunch

Fish finger wraps  
with salad  
& potato lattice

Mandarins & ice cream

### Afternoon Tea

Mini sausage rolls & cheese  
rolls served with salad

## TUESDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Shortcake biscuit & apple

### Lunch

Tuna pasta bake &  
sweetcorn

Chocolate Swiss roll &  
strawberries

### Afternoon Tea

Mozzarella sticks served  
with chutney

## WEDNESDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Crumpet with butter &  
satsuma

### Lunch

Meatballs , onion gravy on a  
bed of mashed potato &  
carrots

Fresh fruit salad

### Afternoon Tea

Toasted bagel with soft  
cheese/butter

## THURSDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Digestive biscuit & dried  
fruit

### Lunch

Chicken curry, rice &  
poppadum

Jammy bun

### Afternoon Tea

Fish finger sandwiches

## FRIDAY

### Breakfast

Choice of cereals & fruit

### Mid-morning Snack

Toasted fruit loaf & pear

### Lunch

Beefburger served in a bun  
with lettuce, tomato &  
French fries

Tomato pasta for babies

Yoghurt

### Afternoon Tea

Choice of sandwiches

