

# Weekly menu

Week 1	Breakfast	Snack	Lunch	Snack	Tea
<b>Monday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Chicken curry & rice ●●● Fresh fruit salad	Fresh fruit & water	Eggy bread ●●● Fromage frais
<b>Tuesday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Beef lasagne & sweetcorn ●●● Stewed fruit and custard	Fresh fruit & water	Sandwiches with a variety of fillings ●●● Fresh fruit
<b>Wednesday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Jacket potatoes with cheese & beans ●●● Angel delight	Fresh fruit & water	Cheese & biscuits with salad ●●● Fresh fruit
<b>Thursday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Toad in the hole with seasonal vegetables ●●● Fresh fruit	Fresh fruit & water	Spaghetti on toast ●●● Cake
<b>Friday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Mediterranean meatballs & pasta ●●● Bananas & custard	Fresh fruit & water	Beans on toast ●●● Fresh fruit

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Week 2	Breakfast	Snack	Lunch	Snack	Tea
<b>Monday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Fish fingers, chips, peas & parsley sauce ●●● Natural yoghurt	Fresh fruit & water	Platter of cheese scones & salad ●●● Fresh fruit
<b>Tuesday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Cheese & potato pie with baked beans ●●● Fresh fruit	Fresh fruit & water	Homemade soup and bread roll ●●● Fruit flapjack
<b>Wednesday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Sausage casserole, mash and seasonal vegetables ●●● Jam tart	Fresh fruit & water	Sandwiches with a variety of fillings ●●● Fresh fruit
<b>Thursday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Spaghetti bolognaise ●●● Fresh fruit salad	Fresh fruit & water	Beans on toast ●●● Fromage frais
<b>Friday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Chicken casserole & rice ●●● Angel delight	Fresh fruit & water	Pizza & salad ●●● Yoghurt

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Week 3	Breakfast	Snack	Lunch	Snack	Tea
<b>Monday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Macaroni cheese and mixed vegetables ●●● Fresh fruit	Fresh fruit & water	Sandwiches with a selection of fillings ●●● Natural yoghurt
<b>Tuesday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Beef stew & dumplings ●●● Peaches & ice cream	Fresh fruit & water	Spaghetti on wholemeal toast ●●● Fresh fruit
<b>Wednesday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Cottage pie & seasonal vegetables ●●● Tinned fruit	Fresh fruit & water	Crumpets and toppings ●●● Homemade cake
<b>Thursday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Tuna & pasta bake & sweetcorn ●●● Angel delight	Fresh fruit & water	Toasted teacakes ●●● Fresh fruit salad
<b>Friday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Jacket potatoes with cheese & beans ●●● Homemade sponge & custard	Fresh fruit & water	Pitta breads with ham & cheese fillings & salad ●●● Fresh fruit

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Week 4	Breakfast	Snack	Lunch	Snack	Tea
<b>Monday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Sausage & mash seasonal vegetables & gravy ●●● Angel delight	Fresh fruit & water	Beans on toast ●●● Fresh fruit
<b>Tuesday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Spanish chicken & cous cous ●●● Bananas & custard	Fresh fruit & water	Cheese & biscuits & salad ●●● Homemade cake
<b>Wednesday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Fish fingers, mash, peas & parsley sauce ●●● Fresh fruit	Fresh fruit & water	Pitta bread with ham & cheese fillings & salad ●●● Fromage frais
<b>Thursday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Pork casserole, mash & seasonal vegetables ●●● Fresh fruit salad	Fresh fruit & water	Sandwiches with a variety of fillings ●●● Fresh fruit
<b>Friday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Chilli con carne & rice ●●● Natural yoghurt	Fresh fruit & water	Spaghetti on toast ●●● Fruit loaf

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Week 5	Breakfast	Snack	Lunch	Snack	Tea
<b>Monday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Fisherman's pie & sweet corn ●●● Bananas & custard	Fresh fruit & water	Cheese & biscuits & salad ●●● Homemade cake
<b>Tuesday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Chicken & mushroom pie, mash & vegetables ●●● Fresh fruit salad	Fresh fruit & water	Beans on toast ●●● Fresh fruit
<b>Wednesday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Tomato & herb pasta & garlic bread ●●● Semolina	Fresh fruit & water	Sandwiches with a variety of fillings ●●● Fresh fruit
<b>Thursday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Sweet & sour chicken, noodles & prawn crackers ●●● Fresh fruit	Fresh fruit & water	Cheese straws & salad ●●● Yoghurt
<b>Friday</b>	A selection of cereal & toast	Fresh fruit & milk or water	Mince beef cobbler, mash & seasonal vegetables ●●● Apple & fruit loaf	Fresh fruit & water	Homemade soup & bread roll ●●● Fromage frais

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