

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast / Morning Snack</u>	Selection of cereal with milk G M	Selection of cereal with milk G M	Selection of cereal with milk G M	Selection of cereal with milk G M	Selection of cereal with milk G M
<u>Lunch Main</u> <u>Plus Starter, Side</u> <u>OR second dish</u>	Mac and Cheese with Sweetcorn G M Satsumas and/or Banana	Burritos and Wedges G Strawberries and/or Pears	Jerk Chicken with Rice and Peas So Plums and/or Grapes	Spaghetti Carbonara G M Water melon and /or satsumas	Roast Chicken with Vegetables G So Apple and/or Mango
<u>Mid Afternoon Snack</u>	Healthy Cookie G	Tuna Dip and Veg Sticks F	Cheese and Cucumber M	Natural Yogurt and Berries M	Hummus and Carrot Sticks
<u>Tea</u> <u>Plus Starter, Side</u> <u>OR second dish</u>	Garlic Naan with Yogurt Dip Vegetable Rice Ce	Tea Party G	Green Beans Homemade Pizza and Homemade Coleslaw G M	Mexican Chicken, Wholemeal Pitta and Salad G M	Fish Finger Sandwiches, Homemade Bread and Veg Sticks G
Ce - Celery G - Gluten (Wheat, Barley, Oats) Cr - Crustaceans E - Eggs F - Fish L - Lupin M - Milk Mo- Molluscs Mu - Mustard N - Nuts PN - Peanuts So - Soya Su - Sulphites					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast / Morning Snack</u>	Selection of cereal with milk G M	Selection of cereal with milk G M	Selection of cereal with milk G M	Selection of cereal with milk G M	Selection of cereal with milk G M
<u>Lunch</u> <u>Plus Starter, Side OR second dish</u>	Sausages, Roast Potatoes and Seasonal Veg G So Mixed Fruit Salad	Chilli Con Carne and Garlic Tortillas G Mango and/or Banana	Cajun Chicken Pasta Bake G Berries	Fish Pie with Seasonal Veg M F Apples and/or peaches	Chicken Curry and Rice Satsumas and/or Grapes
<u>Mid Afternoon Snack</u>	Fruit and Yogurt M	Homemade Granola Bars G	Cheese and Pineapple M	Fromage Frais G M	Pitta and Dip G M
<u>Tea</u> <u>Plus Starter, Side OR second dish</u>	Broccoli Florets Cheese and Ham Calzone G M	Water melon Chinese Vegetable Noodle Soup G M	Cucumber Sticks Salmon Risotto F	Sweetcorn and Tomato Salad Sandwich Selection G M	Garlic Bread Hidden Veg Tomato Pasta G
Ce - Celery G - Gluten (Wheat, Barley, Oats) Cr - Crustaceans E - Eggs F - Fish L - Lupin M - Milk Mo - Molluscs Mu - Mustard N - Nuts PN - Peanuts So - Soya Su - Sulphites					

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast / Morning Snack</u>	Selection of cereal with milk G M	Selection of cereal with milk G M	Selection of cereal with milk G M	Selection of cereal with milk G M	Selection of cereal with milk G M
<u>Lunch</u> <u>Plus Starter, Side</u> <u>OR second dish</u>	Chinese Curry and Rice G Mango and/or Melon	Gammon, New Potatoes and Veg So G Plums and/or Grapes	Chilli Con Carne Quesadillas and Savoury Rice G Apple and/or Pear	Hidden Veg Pitta Pizza and Homemade Wedges G M Satsumas and/or Banana	Lasagne, Garlic Bread and Sweetcorn G M Strawberries and/or Pear
<u>Mid Afternoon Snack</u>	Natural Yogurt and Berries M	Cheese Straws G M	Chocolate and Beetroot Brownie G M	Cheese and Crackers G M	Banana Oat Bake G
<u>Tea</u> <u>Plus Starter, Side</u> <u>OR second dish</u>	Corn on the Cob Meatball Sub, Homemade Tomato Sauce E G	Sweet Pepper Sticks Jollof Rice G	Courgette Sticks Tuna and Sweetcorn Melt E F G	Sweetcorn and Cucumber Salad Tandoori Chicken, Rice M	Tea Party G M
Ce - Celery G - Gluten (Wheat, Barley, Oats) Cr - Crustaceans E - Eggs F - Fish L - Lupin M - Milk Mo- Molluscs Mu - Mustard N - Nuts PN - Peanuts So - Soya Su - Sulphites					