

Week One					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam
Morning Snack	A Variety of Fresh Fruit.				
Lunch (Meat Option)	Sausage, Mashed Potato and vegetables with gravy.	Chicken Pasta Bake	Roast Pork with Roast Potatoes and mixed vegetables served with gravy	Burger and Potato wedges with sweetcorn	Jacket Potatoes with Tuna, Cheese or Beans
(Vegetarian Option)	Quorn Sausage, Mashed Potato served with carrots and gravy.	Vegetable pasta bake	Quorn Chicken with Roast Potatoes and mixed vegetables served with gravy	Quorn Burger and Potato wedges with sweetcorn	Jacket Potatoes with Cheese or Beans
Dessert	Autumn fruits and Yoghurt	Rice Pudding with Jam	Jelly	Apple Crumble and Custard	Angel Delight
Tea	Beans on Toast	wraps with choice of fillings	Tomato Soup and Bread	Savoury Rice and Nuggets	Chicken Noodles and Hot Dog Sausage / Quorn Sausage
All snacks served with Milk or Water. Water is available at all times and with all Meals					



Week Two					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam
Morning Snack	A Variety of Fresh Fruit.				
Lunch (Meat Option)	Tuna and Tomato Pasta Bake	Sheppard's Pie and Vegetables	Roast Chicken with Roast Potatoes and mixed vegetables served with gravy	Cod and Potato wedges with sweetcorn	Chicken Curry and Rice
(Vegetarian Option)	Vegetable Pasta Bake	Quorn mince Sheppard's pie	Quorn Chicken with Roast Potatoes and mixed vegetables served with gravy	Vegetable fingers and Potato wedges with sweetcorn	Vegetable Curry and Rice
Dessert	Banana and Custard	Fruit and Yoghurt	Chocolate Mousse	Jelly	Fruit Cocktail
Tea	Potato Waffles and Spaghetti Hoops	Sandwiches with choice of fillings	Cheese and Tomato Pizza	Vegetable soup and bread	Fish Fingers and Spaghetti Hoops
All snacks served with Milk or Water. Water is available at all times and with all Meals					



Week Three					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam	Selection of Cereals /Toast with Butter and Jam
Morning Snack	A Variety of Fresh Fruit.				
Lunch (Meat Option)	Chicken, Rice and Vegetables	Meatballs and Pasta	Fish Fingers, Mash and Beans	Jacket Potato with a choice of Fillings	Sausage Casserole with boiled potatoes
(Vegetarian Option)	Quorn chicken, rice and vegetable	Meatfree meatballs and pasta	Vegetable fingers, mash and beans	Jacket Potato with a choice of Fillings	Vegetable sausage casserole with boiled potatoes
Dessert	Yoghurt	Strawberry mousse	Custard and Autumn fruits	Jelly	Rice Pudding and Jam
Tea	Crackers with a choice of toppings	Beans on toast	Wraps with a variety of different fillings	Savoury Rice and Nuggets	Potato Waffles and Spaghetti hoops
All snacks served with Milk or Water. Water is available at all times and with all Meals					