

Menu Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	peach oatly crunch with seeds & wholewheat toast water & milk	wholewheat toast, butter & apple water & milk	weetabix with milk, braised apples & raisins water & milk	cornflakes with whole milk & banana water & milk	wholewheat toast, butter & pear water & milk
Snack AM	pita bread & quinoa houmous	satsuma & corn cakes	melon slices	mediterranean falafel & houmous with olive oil	corn cakes
Main course	pea and paneer curry, brown rice & naan bread	tikka turkey, couscous & sweet potato pakora	roast chicken & gravy, roast potatoes & peas	lentil bolognese & grated cheese	salmon thai curry & white rice
Starter / Pudding	poached pears	plain yoghurt	apple oatly crunch with seeds & natural yoghurt	watermelon slices	lemon and coriander houmous & cucumber sticks
Snack PM	banana	cheese wedges	tzatziki dip & corn cakes	Rice cakes & cheese wedges	melon slices
Tea & Pudding	bean cassoulet & tortilla wraps natural yoghurt & banana	potato bake & carrots pear	creamy tomato & mascarpone pasta satsuma	mini jackets with sweet chilli chicken natural yoghurt & apple	cheesy peasy pasta natural yoghurt & banana

Menu Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	weetabix, banana & milk water & milk	pear oatly crunch with seeds & wholewheat toast water & milk	wholewheat toast, butter & apple water & milk	wholewheat toast, butter & watermelon water & milk	cornflakes, apple & milk water & milk
Snack AM	apples & cheese wedges	lemon and coriander houmous & wholemeal pita	cucumber sticks & quinoa houmous	houmous with roasted pepper & corn cakes	tzatziki & mediterranean falafel
Main course	farmer sue's chicken stew & wholemeal bread	vegetable couscous	chicken korma curry, naan bread & white rice	spanish cod & peas	veggie pineapple thai curry & brown rice
Starter / Pudding	houmous with olive oil & wholemeal pita bread	poached pears	pear & natural yoghurt	apple oatly crunch with seeds & yoghurt	pineapple slices
Snack PM	rice cakes & satsuma	banana	cheese wedges & corn cakes	banana	carrot sticks & pita bread
Tea & Pudding	red pepper and lentil bake pear & natural yoghurt	homemade baked beans with jackets & grated cheese satsuma & natural yoghurt	chilli con carne, grated cheese & wraps banana	cheese and broccoli pasta bake & sweetcorn pear & natural yoghurt	lentil bolognese pasta banana & natural yoghurt

Menu Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	wholewheat toast, butter & pear water & milk	wholewheat toast, butter & natural yoghurt & banana water & milk	cornflakes, apple & milk water & milk	weetabix, banana & milk water & milk	apple oatly crunch with seeds & wholewheat toast & butter water & milk
Snack AM	banana & rice cakes	pear	grissini sticks & houmous with olive oil	lemon & coriander houmous with rice cakes	pear & corn cakes
Main course	swish fish pie & carrots	lamb hot pot & peas	roast chicken & gravy, roast potatoes & broccoli	cauliflower and coconut curry & brown rice	sweet potato fajitas, tortilla wrap, grated cheese & yoghurt
Starter / Pudding	satsuma & natural yoghurt	cheese wedges & apple	poached peaches & natural yoghurt	peach oatly crunch with seeds & natural yoghurt	quinoa houmous & sweet potato pakora
Snack PM	houmous with roasted peppers & naan bread	tzatziki & corn cakes	melon slices	pineapple slices & natural yoghurt	melon and corn cakes
Tea & Pudding	cheesy peasy pasta & carrots braised apples	spanish paprika stew pineapple	broccoli and sweet potato bake, couscous & grated cheese orange segments	cheese and tomato pizza & carrot sticks watermelon slices	homemade baked beans with jackets & grated cheese banana & natural yoghurt