

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	choice of cereals,whole milk, toast and piece of fruit	choice of cereals,whole milk, toast and piece of fruit	choice of cereals,whole milk, toast and piece of fruit	choice of cereals,whole milk, toast and piece of fruit	choice of cereals,whole milk, toast and piece of fruit
Mid morning snack	Toasted English muffin with spread [G, S D] Clementine	Wholemeal pitta bread with houmous dip, Celery and pepper sticks [G,C,SS]	Celery and cucumber sticks with toasted bagel and spread [C,G,D]	Rice cakes and apple	Wholemeal toast with spread [G] Carrot sticks
Lunch	Sausage/veggie sausage, mash, gravy, Carrots and peas [G,D,E,C,S] Snow covered fruit salad [D]	Chicken/Quorn Casserole, veg and mash [G,C,S] Banana, cinnamon homemade rice pudding [D]	Herby tomato and bean wholemeal pasta [G] Apple crumble [G,D]	Chinese chicken/Quorn and rice [S] Semolina with berry compote [D]	Fish pie with sweet potato topping with garden peas [F,D] Pear sponge with custard [E,G,D]
Mid afternoon snack	Breadsticks with cherry tomatoes [G]	Oat cake with orange slices [G]	Crackers and pear [G]	Banana and breadsticks [G]	Apple with crackers and spread [G]
Tea	Beans on Toast [D,G] Digestive biscuit [G]	Pasta and pesto [G,N,D,E] Veg sticks Yoghurt [D]	Scrambled egg on toast and veg sticks [G] [E] Fruit and Yoghurt [D]	Leek, potato, butter bean Soup and bread [G] Fruit and Yoghurt [D]	cous cous, chicken pieces/ cheese pieces and veg sticks [G/D] Fruit and Yoghurt [D]