| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam |
| Morning snack | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water |
| Lunch | Mild chicken curry with basmati rice, cauliflower and carrots (G/F) | Classic beef lasagne with broccoli | Sausages with gravy, mashed potato, peas and diced carrots | Mexican turkey with potato wedges and sweetcorn (G/F) | Fish cakes with chips and garden peas (G/F) |
| Vegetarian lunch option | Mild vegetable curry with basmati rice, cauliflower and carrots (G/F) (Vegan) | Pasta with marinara sauce and broccoli (Vegan) | Vegan sausages with gravy, diced potatoes, peas and carrots (G/F) (Vegan) | Mexican style beans with potato wedges and sweetcorn (G/F) (Vegan) | Vegetable fingers with chips and garden peas (Vegan) |
| Desserts | Rice pudding/soya chocolate pudding | Fruit yoghurts/soya yoghurts | Vegan jelly pots | Vegan chocolate mousse | Angel delight/soya Vanilla puddings |
| Afternoon snack | Sliced peaches, milk and water | Bananas, milk and water | Satsumas, milk and water | Fruit salad, milk and water | Watermelon slices, milk and water |
| Early evening meal | Pasta with basil sauce and peas and sweetcorn (Vegan) | Vegan meatballs in tomato sauce with vegetable rice (Vegan) | Wholemeal spaghetti ring on toast (Vegan) | Pasta with tomato \& vegetable sauce served with garlic bread (Vegan) | Beans on toast (Vegan) with cheese (V) |
| Vegetarian evening meal | As above | As above | As above | As above | As above |


| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam |
| Morning snack | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water |
| Lunch | Mild chilli con carne with rice, peas and sweetcorn (G/F) | Pork ragu pasta bake with fine beans and baby carrots | Roast turkey breast with gravy, diced potatoes and broccoli (G/F) | Pork chipolatas with baked beans, bread and butter | Fish fingers with mashed potato and peas |
| Vegetarian option | Vegetable and bean chilli with rice, peas and sweetcorn (G/F) (Vegan) | Vegan penne bolognaise with fine beans and baby carrots (Vegan) | Roasted vegan fillets with gravy, diced potatoes and broccoli (G/F) (Vegan) | Vegan sausages with baked bread and bread and butter (Vegan) | Vegan fishless fingers with jacket potato and peas (Vegan) |
| Dessert | Rice pudding/soya chocolate pudding | Fruit yoghurts/soya yoghurts | Vegan jelly pots | Vegan chocolate mousse | Angel delight/soya Vanilla puddings |
| Afternoon snack | Sliced peaches, milk and water | Bananas, milk and water | Satsumas, milk and water | Fruit salad, milk and water | Watermelon slices, milk and water |
| Early evening meal | Macaroni pasta bake with carrots (Vegan) | Vegan chia nuggets with baked beans (G/F) (Vegan) | Gnocchi with vegan bolognaise (Vegan) | Veggie pasta and garlic bread (Vegan) | Beans on toast (Vegan) with cheese (V) |
| Vegetarian evening meal | As above | As above | As above | As above | As above |


| Meek 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam | Weetabix, Rice krispies, multi grain cheerio's, toast and jam |
| Morning snack | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water | Laughing cow cheese and crackers, sliced fruits, milk and water |
| Lunch | Mild butter chicken with rice, cauliflower and garden peas (G/F) | Penne bolognaise | Creamy chicken pie with mashed potato and mixed vegetables | Frankfurter sausage in a bun with baked beans | Battered fillet of fish with chips and garden peas |
| Vegetarian option | Mild chickpea curry with rice, cauliflower and garden peas (G/F) (Vegan) | Penne with lentil bolognaise (Vegan) | Vegan hot pot topped with potatoes with mixed vegetables (G/F) (Vegan) | Vegan frankfurter sausage in a bun with baked beans (Vegan) | Vegan meat balls in tomato sauce with pasta (Vegan) |
| Dessert | Rice pudding/soya chocolate pudding | Fruit yoghurts/soya yoghurts | Vegan jelly pots | Vegan chocolate mousse | Angel delight/soya Vanilla puddings |
| Afternoon snack | Sliced peaches, milk and water | Bananas, milk and water | Satsumas, milk and water | Fruit salad, milk and water | Watermelon slices, milk and water |
| Early evening meal | Vegan sausage and vegetable pasta bake (Vegan) | Vegan nuggets with baked beans and bread and butter (Vegan) | Quorn and vegetable rice with tomato sauce (Vegan) | Spaghetti marinara (Vegan) | Beans on toast (Vegan) with cheese(V) |
| Vegetarian evening meal | As above | As above | As above | As above | As above |

