

1	10:00 snack	12:00 Lunch			2:00	4:00 Tea		
		Main course	Side dishes	Pudding		Main course	Side dishes/fruit	Drink
Mon	<u>Cheese chunks</u> , Melon & pear <u>Milk</u> /water drink	Pork & apple casserole (<u>kidney & butter beans</u> , onion, carrot, garlic, swede parsnip, apple herbs)	Green beans Garlic bread	Raspberry mousse	Fruit bowl/Breadsticks available	Homemade fish cakes (potatoes, egg, breadcrumbs)	Grated carrot <u>Peas</u>	<u>Milk</u> /water drink
Tues	Oatcracker & butter Apple & plums <u>Milk</u> /water drink	Flaked fish & cheesy pasta (leeks, tomato, courgette)	Sweetcorn	Raisin & pear flapjack		Butternut squash & lentil soup, (onion, carrot, spices) (V)	Toasted croutons Cucumber sticks	<u>Milk</u> /water drink
Wed	Wholemeal/white toast & butter Oranges & pear <u>Milk</u> /water drink	Beef chilli con carne (onion, courgette, carrot, tomato, kidney beans)	Rice <u>Peas</u>	Fruit Jelly (tinned peaches)		Homemade pizza with kidney beans (<u>cheese</u> , tomato spinach onion) (V)	Grapes	<u>Milk</u> /water drink
Thu	Rice crackers and <u>cream</u> <u>cheese</u> Grapes & apple <u>Milk</u> /water drink	Sticky Chinese fish (sweetcorn, courgette, carrot, spring onions)	Noodles <u>Broccoli</u>	<u>Plain yoghurt</u> & mashed banana & mixed dried fruits		Baked beans on toast (v)	Plums & pear	<u>Milk</u> /water drink
Fri	Eggy crumpets Melon & cucumber <u>Milk</u> /water drink	Chicken curry (onion, carrot, pepper, courgette, <u>yoghurt</u> , curry paste)	Rice Sugar snap peas	<u>Dairy Ice cream</u> & raisins		Jacket potato, tuna and mayonnaise	Dried apricots & plums	<u>Milk</u> /water drink

2	10:00 snack	12:00 Lunch			2:00	4:00 Tea		
		Main course	Side dishes	Pudding		Main course	Side dishes/Fruit	Drinks
Mon	Toast & cream cheese Banana & pear Milk/water drink	Fish pie (broccoli , & parsley cheese sauce, mashed potato)	Sugar snap peas	Dairy Ice cream & raisins	Fruit bowl/Breadsticks available	Cheese & tomato bake (bread, egg , onion , spinach , milk)	Dried apricots & grapes	Milk/water drink
Tues	Bread sticks Melon & orange Milk/water drink	Sweet & sour chicken (tomato puree, onion, pepper, celery, tomato, pineapple)	Green beans	Natural yoghurt & banana		Welsh rarebit toasties (cheese , egg , tomatoes, spinach)	Apple	Milk/water drink
Wed	Crackers & butter Cucumber slices, apple Milk/water drink	Spaghetti minced-beef bolognaise (tomatoes, courgette, onion)	Peas	Fruit Jelly (tinned mandarins)		Smoked haddock chowder (potato ,leeks, celery, sweetcorn, milk)	Orange slices & pears	Milk/water drink
Thu	Eggy crumpets, Oranges & melon Milk/water drink	Fish curry (garlic, onion, tomato puree, lemon juice, cream cheese , milk)	Broccoli Rice	Pear flapjack		Cauliflower & macaroni with cheese & ham	Banana	Milk/water drink
Fri	Rice cracker & marmite Apple, grapes Milk/water drink	Roast turkey (Roast potato)	Carrots Mashed parsnip Peas Gravy	Bananas & custard		Beans on wholemeal & white toast (V)	Plums	Milk/water drink

3	10:00 snack	12:00 Lunch			2:00	4:00 Tea		
		Main course	Side dishes	Pudding		Main course	Side dishes/ Fruit	
Mon	Eggy crumpets Cucumber slices & apple <u>Milk</u> /water drink	Cheesy chicken & broccoli pasta bake	<u>Carrots</u>	Mixed red fruits and custard	Fruit bowl/Breadsticks available	Jacket potato hedgehogs with flaked fish (cheese, milk)	Peas Oranges	Milk/water drink
Tues	Bread sticks Grapes & carrot sticks <u>Milk</u> /water drink	Lean beef cottage pie (onion, courgette, carrot, potato)	<u>Sugar snap peas</u>	Natural yoghurt pureed pear & honey		Egg-fried rice and ham (peas, onions, & carrots)	Cucumber slices	Banana smoothie <u>Milk</u> /water drink
Wed	Oatcracker & cream cheese Apple & cucumber <u>Milk</u> /water drink	Fish curry (garlic, onion tomato puree, tomatoes, cream cheese)	Green beans Rice	Dairy ice-cream & raisins		Homemade tomato & beef pizza (cheese, tomatoes, onion)	Grated carrot Melon	<u>Milk</u> /water drink
Thu	Marmite soldiers (butter) Melon & plums <u>Milk</u> /water drink	Sausage & vegetable casserole (kidney beans, butter beans, onions, celery sticks, carrots, garlic)	<u>Peas</u>	Crunchy apple & oatly crumble		Welsh rarebit toasties (cheese, egg, tomatoes, spinach) (V)	Banana	<u>Milk</u> /water drink
Fri	Crackers & cream cheese Grapes & cucumber <u>Milk</u> /water drink	Chicken & potato pie (onion, courgette, carrot)	Sweetcorn	Peach mousse		Fish florentina (milk, cheese spinach,)	<u>Peas</u> Apple hot rolls	<u>Milk</u> /water drink

4	10:00 snack	12:00 Lunch			2:00	4:00 Tea		
		Main course	Side dishes	Pudding		Main course	Side dishes	Fruit
Mon	Rice cakes and butter Melon & oranges Milk /water drink	Pasta Fusilli with Salmon (onion, pepper, broccoli, courgette, crème fraiche)	Green beans	Mixed fruit and custard	Fruit bowl/Breadsticks available	Turkey Pilaf (onion, garlic, peas, sweetcorn, eggs, milk)	Grapes	Milk /water drink
Tues	Toast & cream cheese Carrot sticks & pear Milk /water drink	Chicken supreme (onion, carrots, broccoli, milk, cheese)	Sweetcorn Rice	Dairy ice-cream & raisins		Spanish omelette with flaked fish eggs (onion, peas potatoes)	Sweetcorn Banana smoothie	Water drink
Wed	Eggy crumpets Orange & apple Milk /water drink	Lean mince-beef Lasagne (onion, courgette, carrots, tomatoes, milk, cheese)	Broccoli	Peach fool		Welsh rarebit toasties (cheese , egg, tomatoes, spinach) (V)	Peas Pear	Milk /water drink
Thu	Crackers & butter Pear & cucumber Milk /water drink	Gammon roast	Potatoes Parsnip Peas Carrot Gravy	Banana bread		Beans on wholemeal & white toast (V)	Carrot sticks Melon	Milk /water drink
Fri	Oat biscuits & butter Banana & orange Milk /water drink	Flaked fish & cheesy pasta (leeks, tomato, courgette)	Broccoli	Natural yoghurt & apple puree		Jacket potatoes & chilli sauce (beef, onion, courgette, carrots, tomatoes)	Peas Grapes	Milk /water drink