

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Wholemeal seeded toast with butter or dairy free butter and honey or marmite. Apple or orange juice or milk.	Wholemeal seeded toast with butter or dairy free butter and honey or marmite. Apple or orange juice or milk.	Wholemeal seeded toast with butter or dairy free butter and honey or marmite. Apple or orange juice or milk.	Wholemeal seeded toast with butter or dairy free butter and honey or marmite. Apple or orange juice or milk.	Wholemeal seeded toast with butter or dairy free butter and honey or marmite. Apple or orange juice or milk.
<b>Lunch</b>	Homemade beef burgers with locally produced mince, red lentils, onion, cucumber, tomatoes and carrot sticks.	Chicken risotto with onion, courgette, butternut squash, red peppers and sweetcorn. (Dairy free).	Fish pie with kidney beans, onion, peas, carrots, yellow peppers and tomatoes. (Dairy free).	97% meat sausages, mashed potato, broccoli and corn on the cob.	Tuna wholemeal pasta bake with mixed beans, parmesan cheese, courgette, yellow peppers and cauliflower.
<b>Lunch Veg Option</b>	Quorn burgers with cucumber, tomatoes and carrot sticks.	As above with no chicken and the addition of parmesan for protein.	Cheese pie with peas, carrots, yellow peppers and tomatoes.	Meat free sausages, mashed potatoes, broccoli and corn on the cob.	Cheese pasta bake.
<b>Dessert</b>	Warm rice pudding with strawberries.	Natural yoghurt with blueberries and raspberries.	Bananas and custard.	Jelly with orange segments and a little ice cream.	Fruit Salad
<b>Dairy Free Dessert</b>	Soy milk pudding with strawberries.	Soy yoghurt with blueberries and raspberries.	Soya custard and bananas.	Jelly with orange segments and dairy free ice cream.	Fruit Salad

<b>Snack</b>	Breadsticks with melon, raisins and banana.	Cheese cubes, crackers, grapes and cucumber sticks. (Ham for dairy free).	Breadsticks with melon, raisins and banana.	Cheese cubes, crackers, grapes and cucumber sticks. (Ham for dairy free).	Breadsticks with melon, raisins and banana.
<b>Afternoon Tea</b>	Eggy bread and pepper sticks and peas and sweetcorn.	Tuna sandwiches with tomatoes and mange tout.	Cheese and chive dip, crudités of pepper, baby corn and cucumber.	Scrambled egg and tomatoes	Beans on toast (salt and sugar reduced), cucumber sticks, tomatoes and carrot batons.
<b>Afternoon Tea Veg Option</b>	As above.	Cheese sandwiches with tomatoes and mange tout.	Cheese and chive dip, crudités of pepper, baby corn and cucumber.	Scrambled egg and tomatoes	Beans on toast (salt and sugar reduced), cucumber sticks, tomatoes and carrot batons.
<b>Dessert</b>	Fromage frais and fruit platter (blueberries, raspberries and apples).	Baked apples and custard.	Fromage frais and fruit platter (blueberries, raspberries and apples).	Mango and pineapple fingers.	Baked pears and ice cream.
<b>Dairy Free Dessert</b>	Soy yoghurt and fruit platter.	Baked apples.	Soy yoghurt and fruit platter.	As above	As above with soy ice cream.