

| Week Two                  | 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>              | Spaghetti Bolognese with celery, carrots, tomatoes and mushrooms. Whole-wheat spaghetti.                     | Chicken curry with chickpeas, broccoli, cauliflower and sweetcorn, whole grain basmati rice and nan bread.   | Salmon pasta bake (whole-wheat pasta) with tomatoes, yellow peppers, courgette and green beans.              | Chicken, kidney beans and whole grain rice (green peppers, tomatoes, baby corn).                             | Homemade tuna fishcakes with sweet potato, lentils, carrots and sweetcorn.                                   |
| <b>Lunch Veg Option</b>   | Soya mince bolognese with celery, carrots, tomato and courgette.   | Vegetable curry as above.  | As above but cheese bake.  | As above but with quorn.   | Lentil cakes as above.   |
| <b>Dessert</b>            | Apple crumble.   | Fruit platter with pineapple, strawberries and blueberries.  | Natural yoghurt with strawberries and blueberries.   | Bananas and custard.   | Jelly with orange segments and pineapple sticks.   |
| <b>Dairy Free Dessert</b> | Baked apples.  | As above.  | Soy yoghurt with strawberries and blueberries.   | Bananas with soy milk pudding.   | As above.  |

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| <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>            | Pitta bread sticks with humus dip and pepper, carrot and cucumber crudités. | Cheese on toast with babycorn, red peppers, butter beans and carrot batons. | Boiled eggs with breadsticks, cucumber, green beans and red peppers.   | Pitta bread pizzas with cheese, ham, peppers, mushrooms and sweetcorn.    | Carrot and orange soup with pitta fingers.  |
| <b>Afternoon Tea Veg Option</b> | As above.   | As above but no cheese.   | As above.  | As above, no ham.   | As above.                                   |
| <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.                |