

Week Three	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>	90% meat sausage casserole with mushrooms, tomatoes, carrots and parsnips. Served with crusty bread.	Homemade fish fingers with peas, sweetcorn and broccoli and mashed potato.	Beef lasagne with carrots, broccoli, celery and tomatoes.	Chicken Stir Fry with baby corn, beansprouts, courgette, red pepper. Served with soba noodles.	Homemade pizza with tomato base, mozzarella, ham, cheese, pineapple, peppers and sweetcorn. Served with cucumber and carrot sticks.
<b>Lunch Veg Option</b>	As above with vegetarian sausage.	Homemade vegetable fingers and as above.	As above but vegetable lasagne with cheesy topping.	As above but with quorn.	As above but no ham.
<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.

<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.	Crumpets with babycorn, red peppers 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.