

Week Four	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>	Whole wheat spaghetti carbonara with peas, red onion and mushrooms.	Chicken cous cous with roasted green and yellow peppers, courgettes, tomatoes and carrots. Served with sugar snap peas.	Beef and mixed bean cobbler served with carrots and broccoli.	Chicken fajitas with peppers, courgettes and sweetcorn. Served with carrot and cucumber batons and re-fried beans.	Tuna and lentil burgers with spinach, peppers and sweetcorn. Served with new potatoes and carrots.
<b>Lunch Veg Option</b>	As above with no ham.	As above with no chicken and feta cheese.	As above with quorn.	Quorn instead of chicken.	As above if fish eaten, otherwise lentil burgers.
<b>Dessert</b>	Apple crumble.	Natural yoghurt with raspberries and blueberries.	Baked pears.	Fruit platter with pineapple, strawberries and oranges.	Rice pudding with bananas.
<b>Dairy Free Dessert</b>	As above.	Soya yoghurt with fruit as above.	As above.	As above.	Soya milk pudding with bananas.

<b>Snack</b>	Cheese cubes, grapes and crackers.	Breadsticks with raisins and apples.	Melon and strawberries with oat biscuits.	Cheese cubes, grapes and crackers.	Breadsticks with raisins and apples.
<b>Afternoon Tea</b>	Crumpets with cream cheese, baby corn, butter beans and cucumber sticks.	Cheese sandwiches with red pepper, carrot and cucumber batons.	Baked potatoes with baked beans, avocado sticks, cucumber slices and tomatoes.	Vegetable soup with mixed beans, served with crusty bread.	Boiled eggs with cheese cubes and ham slices, served with tomatoes, cucumber and carrots.
<b>Afternoon Tea Veg Option</b>	As above.	As above.	As above.	As above.	As above, no ham.
<b>Dessert</b>	Fruit platter – pineapple, strawberries and oranges.	Grapes and melon.	Bananas and custard.	Rice pudding with raspberries.	Fromage Frais with berries.
<b>Dairy Free Dessert</b>	As above	As above	As above with soya milk pudding.	As above with soya milk pudding.	Soya yoghurt with berries.