

Week 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	A selection of cereals				
<u>Lunch</u>	Chicken roast dinner served with vegetables. Yoghurt.	Vegetable risotto Banana's and custard	Sausages, mashed potato and gravy. Fruit jelly.	Ham and leek pasta in tomato passata Yoghurt	Spaghetti bolognaise Baked apples and raisons
<u>Tea</u>	Jacket potato with cheese. Grapes and melon	Home made pizza with sweetcorn Fromage frais	Scrambled egg on toast Home made banana loaf	A choice of tuna or cheese sandwiches Fruit	Muffins or bagels with cream cheese Fruit tarts

Week 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	A selection of cereals				
<u>Lunch</u>	Macaroni cheese with broccoli Frozen yoghurt	Vegetable curry, rice and naan bread Mango and passionfruit desert	Fish pie with peas Fresh fruit salad	Mince with vegetables, mash potato and gravy. Rice pudding	Vegetable pasta Blueberries and yoghurt.
<u>Tea</u>	Toast and hummus Satsumas	Cheese twists with cucumber sticks. Grapes and Melon	Home made vegetable soup Fruit jelly	Crumpets and carrot sticks. Fromage frais	Cheese crackers and cucumber sticks Fruit tarts.

Week 3	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	A selection of cereals				
<u>Lunch</u>	Shepherd pie with peas, broccoli and carrots. Berries with crème fraiche	Fish pie and peas Baked apples and raisons	Chilli con carne with mixed vegetables Yoghurt and fruit coulis	Chicken casserole with new potatoes Bananas and custard	Sweet potato curry Honey dew melon and grapes
<u>Tea</u>	Cheese and tomato wheels with cucumber sticks Fromage frais	Home made vegetable soup Fruit scones	Jacket potato with tuna Fruit	Home made vegetable pizza Yoghurt	Cheese sandwiches Carrot cake.

Week 4	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	A selection of cereals				
<u>Lunch</u>	<p>Cheese and potato pie.</p> <p>Blueberries and yoghurt.</p>	<p>Penne pasta in tomato, leek and pepper sauce.</p> <p>Apple tart</p>	<p>Chick pea curry with rice</p> <p>Pears and custard</p>	<p>Sausage casserole.</p> <p>Fresh fruit salad.</p>	<p>Fish pie and peas</p> <p>Pear with natural yoghurt</p>
<u>Tea</u>	<p>Sweet potato soup with croutons.</p> <p>Banana</p>	<p>Cheese twists with carrot sticks.</p> <p>Yoghurt</p>	<p>A choice of tuna or cheese sandwiches</p> <p>Fruit</p>	<p>Toast and hummus</p> <p>Home made fruit spirals</p>	<p>Home baked savoury scones</p> <p>Fromage frais</p>