

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Selection of Cereals				
Lunch	Chicken Roast Dinner with Vegetables Natural Yoghurt with Strawberries	Vegetable Risotto Banana and Custard	Sausages with Mashed Potatoes and Gravy Fruit Jelly	Pasta in a Ham, Leek and Tomato Sauce Natural Yoghurt with Fruit Purée	Spaghetti Bolognese Baked Apple and Raisins
Tea	Jacket Potato with Cheese Grapes and Melon	Homemade Cheese and Tomato Pizza with Sweetcorn Fromage Frais	Cheese on Toast Banana Muffin	Cheese and Tuna Sandwiches Fruit Salad	Bagels with Cream Cheese Fruit Tart

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Selection of Cereals				
Lunch	Macaroni Cheese with Broccoli Frozen Yoghurt	Vegetable Curry with Rice and Naan Natural Yoghurt with Mango Purée	Fish Pie with Mashed Potatoes and Peas Fruit Salad	Shepherd's Pie Rice Pudding	Pasta in a Tomato and Vegetable Sauce Natural Yoghurt and Blueberries
Tea	Hummus on Toast Satsumas	Cheese Straws and Cucumber Sticks Grapes and Melon	Vegetable Soup with Croutons Fruit Jelly	Crumpets and Carrot Sticks Fromage Fraise	Cheese Crackers and Cucumber Sticks Fruit Tart

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Selection of Cereals				
Lunch	Chilli Con Carne with Rice Crème Fraîche with Berries	Fish Pie with Mashed Potatoes and Peas Baked Apple and Raisins	Shepherd's Pie Natural Yoghurt with Fruit Coulis	Chicken Casserole with New Potatoes Banana and Custard	Sweet Potato Curry and Rice Honeydew Melon and Grapes
Tea	Vegetable Soup with Croutons Fruit Scones	Cheese and Tomato Pastry Wheels with Cucumber Sticks Fromage Fraise	Jacket Potato with Tuna Fruit Salad	Homemade Vegetable Pizza Natural Yoghurt with Fruit Purée	Cheese Sandwiches Carrot Cake

Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Selection of Cereals				
Lunch	Cheese and Potato Pie with Gravy Natural Yoghurt and Blueberries	Pasta in a Tomato and Leek Sauce Apple Tart	Chickpea Curry and Rice Pear and Custard	Sausage Casserole with New Potatoes Fruit Salad	Fish Pie with Mashed Potatoes and Peas Natural Yoghurt with Pear
Tea	Sweet Potato Soup with Croutons Banana	Cheese Straws and Carrot Sticks Fromage Fraise	Cheese and Tuna Sandwiches Grapes and Melon	Hummus on Toast Fruit Pastry Swirl	Savoury Scones Fromage Fraise