

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-9.00am)	Cereal: Cheerios or Weetabix Toast Fresh fruit Milk or fruit juice				
Lunch	Main: Salmon fish cakes, cold pasta & salad Dessert: Rice pudding	Main: Fruity lamb & couscous Dessert: Apple pie & custard	Main: Pork sausages, new potatoes and baked beans Dessert: Banana pudding	Main: Cheesy Vegetables with potato wedges Dessert: Apricot flapjack	Main: Chicken & bacon pasta with green beans Dessert: Fruit salad
Afternoon tea	Main: Toasted tea cakes with butter Dessert: Melon and bananas	Main: Ham, cheese & cucumber, tuna mayonnaise sandwiches Dessert: Apple & orange	Main: Ham, cheese wraps with salad Dessert: Banana & Apple	Main: Home made pizza's Dessert: Pear & plum	Main: Jacket potatoes with cheese or tuna mayonnaise Dessert: Grapes & pineapple

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-9.00am)	Cereal: Cheerios or Weetabix Toast Fresh fruit Milk or fruit juice				
Lunch	Main: Braised beef, new potatoes, green beans, carrots. Dessert: Rhubarb crumble and custard	Main: Chicken risotto with peas & sweet corn Dessert: Fruit Salad	Main: Cod, new potatoes, cauliflower, broccoli & parsley sauce Dessert: Apple and blackberry cake with custard	Main: Mini lamb meat balls with tomato & herb sauce with rice Dessert: Semolina	Main: Spaghetti bolognese (beef) Dessert: stewed pear and apple with ice cream
Afternoon tea	Main : Quiche & salad Dessert: Apple & pear	Main: Oatcakes with cheese Dessert: Orange & plum	Main : Pitta bread with cheese and ham Dessert: Apple & Banana	Main: Fruit loaf with butter Dessert : Grapes & pineapple	Main : Beef, egg & cress, cheese Dessert: Melon & pear

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-9.00am)	Cereal: Cheerios or Weetabix Toast Fresh fruit Milk or fruit juice				
Lunch	Main: Spring lamb with peas & cream potatoes Dessert: Cranberry & chocolate chip oatmeal cookies	Main: Tuna pasta bake & salad Dessert: Sliced pear & strawberry's with ice cream	Main: Butternut squash and mushroom lasagne & salad Dessert: Tapioca	Main: Roast chicken dinner Dessert: Fruit salad	Main: Cottage pie & white cabbage Dessert: Pineapple upside down cake.
Afternoon tea	Main: crumpets with cheese or butter Dessert: Strawberry's & banana	Main : Vegetable soup with a bread roll Dessert: Grapes & melon	Main: Home made pizza's Dessert: Pineapple & pear	Main: Jacket potatoes with cheese or beans Dessert: Oranges & Apple	Main: Tuna or cheese salad wraps Dessert: Plums & Pear

