

<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	<i>Cereal, milk</i>	<i>Cereal, milk</i>	<i>Cereal, milk</i>	<i>Cereal, milk</i>	<i>Cereal, milk</i>
<i>Snack</i>	<i>Oat cakes and satsumas</i>	<i>Bread stick with pear slices</i>	<i>Apple and melon</i>	<i>English muffin and grapes</i>	<i>Cracker bread and cucumber</i>
<i>Lunch</i>	<i>Lentil and mushroom Bolognese with linguine</i>	<i>Cauliflower, spinach and chickpea curry, with brown rice</i>	<i>Hungarian chicken /Quorn paprikas (red pepper sauce) with mini pasta</i>	<i>Lentil and vegetable cottage pie</i>	<i>Turkey/ Quorn fajitas, couscous</i>
<i>Pudding</i>	<i>Fromage frais and dried apricots</i>	<i>Fresh fruit platter</i>	<i>Homemade flapjack</i>	<i>Sugar free banana cake with custard</i>	<i>Fruit platter</i>
<i>Afternoon Snack</i>	<i>Chicken or cheese sandwiches and cherry tomato</i>	<i>Whole meal pitta bread pizzas, tomato sauce, cheese and sweetcorn</i>	<i>Rice pudding with apricot sauce</i>	<i>Corn cakes, carrot sticks and crème fraiche herb dip</i>	<i>Butternut squash soup with brown toast</i>

<i>Week 2</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Cereal, milk	Cereal, milk	Cereal, milk	Cereal, milk	Cereal, milk
<i>Snack</i>	Toasted English muffin with spread and oranges	Oat cake and apple slices	Rice cake and peaches	Melon and mango	A selection of fresh fruits
<i>Lunch</i>	Salmon/veggie mince and broccoli pasta	Turkey mince or bean chili with jollof rice and vegetables	Vegetable lasagna with fresh salad	Quorn curry with basmati rice and peas	Roast chicken/ Quorn chunks with oven potatoes, gravy and vegetables
<i>Pudding</i>	Banana, peach and coconut smoothie	Fruit salad	Greek/dairy free yoghurt and raisins	Fresh pineapple	Banana and custard
<i>Afternoon Snack</i>	Leek and sweet potato soup	Baked potatoes with cheese and/or carrots	Buttered brown toast, peppers and olives	Garlic baguette with tomatoes	Bagel and cream cheese

<i>Week 3</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Cereal, milk	Cereal, milk	Cereal, milk	Cereal, milk	Cereal, milk
<i>Snack</i>	Corn thins and apples	Cornish wafers with cherry tomatoes	Cheese and grapes	Selection of fresh fruits	Bread sticks with pepper slices
<i>Lunch</i>	Swedish style Quorn balls with couscous and steamed vegetables	Broccoli, leek and cheese pasta bake	Creamy chicken and mushroom with new potatoes and green beans	Turkey and vegetable stir fry with rice	Vegetarian sausage in vegetable sauce, mashed potato and baked plantain
<i>Pudding</i>	Fresh fruit salad	Apple crumble with creme	Cinnamon swirl	Greek yogurt and dried apricots	Fresh fruit platter
<i>Afternoon Snack</i>	Potato wedges and garlic dip	Bagel and satsumas	Carrot and parsnip soup	whole meal cheesy melt sandwiches	Minestrone pasta salad