













WEEK 1					
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>
<b>Morning snack</b>	Pea and mint dip with carrot sticks <i>M/</i>	Cheese & apple <i>M/</i>	Banana carrot & seed bread <i>W/G/E/</i>	Melon medley	Crumpets with spread <i>W/G</i>
<b>Drinks</b>	<b>Milk or Water</b>				
<b>Starter</b>	Naan bread & mint yoghurt <i>G/W/</i>			Garlic pizza wrap <i>W/G/M/</i>	
<b>Lunch</b>	Vegetable Balti served with rice <i>MD/</i> 	Winter beef & vegetable stew served with dumplings <i>W/G/MD/M/</i> 	Chicken in a mushroom sauce served with new potatoes <i>W/G/</i>	Leek & mackerel penne bake <i>W/G/M/F/SY</i>	
<b>Vegetarian option</b>		Winter vegetable stew served with dumplings <i>W/G/MD/M/</i>	Tofu & mushrooms with new potatoes <i>W/G/</i>	Leek & butterbean penne bake <i>W/G/M/SY</i>	
<b>Pudding</b>		Yoghurt & honey <i>M/</i>	Fruity flapjack <i>W/G/</i>		Carrot cake with an orange drizzle <i>W/G/E/</i>



Drinks	Water				
<p data-bbox="300 245 360 272"><b>Tea</b></p> <p data-bbox="203 520 483 547"><b>Vegetarian option</b></p>	<p data-bbox="517 245 797 352">Pork &amp; cheesy pie mash with carrots <i>M/W/G/</i></p> <p data-bbox="517 485 797 592">Quorn &amp; mash pie with carrots <i>M/W/G</i></p>	<p data-bbox="831 245 1111 472">Homemade fish fingers served with potato wedges &amp; baked beans <i>W/G/F/E</i></p> <p data-bbox="831 520 1111 703">Vegetable fingers served with potato wedges &amp; baked beans <i>W/G/E/</i></p>	<p data-bbox="1144 245 1424 392">Chickpea &amp; mozzarella gnocchi bake <i>W/G/M/</i></p> 	<p data-bbox="1458 245 1738 432">Curried Lentil parsnip &amp; apple soup with a crusty roll <i>W/G/</i></p>	<p data-bbox="1771 245 1984 352">Cheesy turkey fajita orzo <i>W/G/M/</i></p> <p data-bbox="1771 520 1984 627">Cheesy mixed bean orzo <i>W/G/M/</i></p>
<p data-bbox="282 721 405 748"><b>Pudding</b></p>	<p data-bbox="517 721 730 791">Anzac biscuits <i>W/M/</i></p> 	<p data-bbox="831 721 1021 828">Portuguese custard tarts <i>W/G/E/M/</i></p> 	<p data-bbox="1144 721 1402 868">Baked rice pudding served with jam <i>M/</i></p>	<p data-bbox="1458 721 1715 828">Orange polenta cake <i>W/G/E/</i></p>	<p data-bbox="1771 721 2029 748">Fresh fruit medley</p>
Drinks	Water				

WEEK 2					
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>
<b>Morning snack</b>	Fresh fruit	Yoghurt parfait <i>W/G/M/</i>	Cinnamon bagels <i>W/G/</i>	Cheesy corn triangles <i>M/G/W/</i>	Avocado humus & pitta bread fingers <i>W/G/</i>
<b>Drinks</b>	<b>Milk or Water</b>				
<b>Starter</b>	Garlic Bread <i>W/G/M/</i>				Soda Bread <i>W/G/M/</i>
<b>Lunch</b>	Bacon crusted cheese & spinach penne <i>W/G/M/SY</i>	Chicken and chorizo jambalaya 	Turkey thyme & leek meatloaf with mash potato & peas <i>E/SY/W/G</i>	Cottage pie served with cauliflower <i>W/G/M/C/F/</i> 	White fish with spicy beans & chorizo served green beans <i>F/</i>
<b>Vegetarian option</b>	Cheese & spinach penne <i>W/G/M/SY</i>	Vegetable jambalaya	Mushroom & lentil meatloaf with mash potato & peas <i>F/SY/</i>	Quorn cottage pie served with cauliflower <i>W/G/M/C/F/</i>	Spicy mixed bean stew served with green beans
<b>Pudding</b>		Fork cookies	Lemon Blueberry loaf <i>W/G/M/</i>	Cranberry & oat bars	
<b>Drinks</b>	<b>Water</b>				

<p><b>Tea</b></p> <p><b>Vegetarian option</b></p>	<p>Carrot &amp; lentil soup served with pitta fingers W/G/</p>	<p>Sausage plait with beans and wedges W/G/M/</p>	<p>Beef stroganoff served with tagliatelle W/G/M/MD</p>  <p>Mushroom stroganoff served with tagliatelle W/G/M/MD</p>	<p>Sweet potato &amp; black bean stew with cheddar dumplings W/G/M/</p>	<p>Chicken Thai green curry served with rice F/</p>  <p>Vegetable Thai green curry served with rice F/</p>
<p><b>Pudding</b></p>	<p>Placek z Sliwkami (plum cake) W/G/E/</p> 	<p>with custard W/G/M/E/SY</p>	<p>Coconut cake W/G/E/</p>	<p>Greek yoghurt &amp; winterberry compote M/</p>	<p>Gingerbread men W/G/M/</p>
<p><b>Drinks</b></p>	<p><b>Water</b></p>				



WEEK 3					
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>	Low sugar cereals Fresh Fruit Toast Porridge <i>SY/M/W/G</i>
<b>Morning snack</b>	English muffins & spread <i>W/G/</i>	Cheddar & poppy seed biscuits	Courgette & cheese muffins	Fruit & oat pancakes served with yoghurt	Bean & feta herb dip served with cucumber sticks
<b>Drinks</b>	<b>Milk or Water</b>				
<b>Starter</b>		Homemade tortilla chips with salsa & guacamole <i>W/G/</i>		Nachos with sour cream & homemade salsa <i>M/</i>	Garlic Bread <i>W/G/M/</i>
<b>Lunch</b>	Jacket potatoes with baked beans, grated cheddar, cucumber sticks & cherry tomatoes <i>M/</i>	Sausage & bean chilli served with rice and sour cream <i>M/SD/</i>	Roast dinner with all the trimmings <i>SY/W/G</i>	Mixed bean goulash served with rice	Chicken & cheese veg packed pasta <i>W/G/M</i>
<b>Vegetarian option</b>		5 bean chilli served with rice and sour cream	 Quorn roast with all the trimmings <i>E/SY/W/G</i>		Tomato & vegetable pasta <i>W/G/M</i>
<b>Pudding</b>	Yoghurt & fruit puree <i>M/</i>		Vanilla poached peaches & cream <i>M/</i>		

Drinks	Water				
<p data-bbox="300 244 398 272"><b>Tea</b></p> <p data-bbox="203 480 488 515"><b>Vegetarian option</b></p>	<p data-bbox="517 244 689 320">Chicken Enchiladas</p> <p data-bbox="517 323 636 352">W/G/M</p>  <p data-bbox="517 483 689 560">Chickpea Enchiladas</p> <p data-bbox="517 563 636 592">W/G/M</p>	<p data-bbox="828 244 1081 320">3-veg macaroni cheese</p> <p data-bbox="828 323 958 352">W/G/M/</p>	<p data-bbox="1140 244 1429 400">Sweet potato &amp; coconut soup served with brown bread &amp; spread</p> <p data-bbox="1140 403 1193 432">SY/</p>	<p data-bbox="1451 244 1740 352">Coconut fish curry with cauliflower rice</p> <p data-bbox="1451 355 1482 384">F/</p> <p data-bbox="1451 483 1704 624">Coconut &amp; vegetable curry with cauliflower rice</p>	<p data-bbox="1762 244 2051 432">Klump served with green beans (mashed potato with bacon pears &amp; kale)</p> <p data-bbox="1762 435 1809 464">M/</p>  <p data-bbox="1762 563 2051 703">Vegetarian Klump (mashed potato with chickpeas, pears &amp; kale)</p> <p data-bbox="1762 707 1809 735">M/</p>
<p data-bbox="282 759 412 788"><b>Pudding</b></p>	<p data-bbox="517 759 790 836">Jamaican ginger cake</p> <p data-bbox="517 839 669 868">W/G/M/E</p>	<p data-bbox="828 759 1102 788">Mixed fruit platter</p>	<p data-bbox="1140 759 1406 836">Blackberry &amp; coconut squares</p> <p data-bbox="1140 839 1249 868">W/G/E</p>	<p data-bbox="1451 759 1695 836">Orange &amp; date cookies</p> <p data-bbox="1451 839 1603 868">W/G/M/E</p>	<p data-bbox="1762 759 2007 868">Banana &amp; chocolate chip muffins</p> <p data-bbox="1762 871 1962 900">W/G/M/E/SY</p>
Drinks	Water				