

<b>WK 1</b>	<b>MON</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>B/ FAST</b>	CEREAL/TOAST (G,M,S)	CEREAL/TOAST (G,M,S)	CEREAL/TOAST (G,M,S)	CEREAL/TOAST (G,M,S)	CEREAL/TOAST (G,M,S)
<b>LUNCH</b>	SPAGHETTI BOLOGNESE (G,S,MU)  VEGETARIAN BOLOGNESE (E,G,S,C)	HOMEMADE PIZZAS WITH VEGGIE STICKS (G,M)	SAUSAGE ROLLS, HOMEMADE WEDGES AND VEGETABLES (S,G,SD) VEGETARIAN SAUSAGE ROLLS (G,M,E)	EGG FRIED RICE WITH SWEETCORN, PEAS AND ONION (E)	MEATBALLS, PASTA AND HOMEMADE TOMATO SAUCE (G)
<b>PUD</b>	NO ADDED SUGAR STRAWBERRY WHIP & BANANAS (M,S,G)	JAM TARTS (G)	CARROT CAKE (G,E,M)	FRUITY CRUMBLE (G,M)	SUGAR FREE JELLY
<b>TEA</b>	JACKET POTATO WITH BEANS AND CHEESE (M)	MACARONI CHEESE WITH VEGETABLES (G,M)	CHICKEN CASSEROLE WITH HOMEMADE DUMPLINGS (SD,G,MU,M,E,C,S) VEGETARIAN PASTRIES (G,M)	FISH CAKES, BAKED BEANS AND VEGETABLES (G,F)	CHEESE AND HAM SWIRLS WITH VEGGIE STICKS AND VEGETABLES (G,M,SD)
<b>PUD</b>	YOGHURT OR FRUIT (M)	YOGHURT OR FRUIT (M)	YOGHURT OR FRUIT (M)	YOGHURT OR FRUIT (M)	YOGHURT OR FRUIT (M)

ALL MEALS ARE SERVED WITH FRESHLY COOKED VEGETABLES

<b>WK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WED</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>B/FAST</b>	TOAST/CEREAL (G,S,M)	TOAST/CEREAL (G,S,M)	TOAST/CEREAL (G,S,M)	TOAST/CEREAL (G,S,M)	TOAST/CEREAL (G,S,M)
<b>LUNCH</b>	HOMEMADE CHILLI WITH TORTILLA CRACKERS  VEGETARIAN CHILLI WITH TORTILLA CRACKERS (G,S)	PASTA WITH VEGGIE FILLED SAUCE (G,M)	RICE, SWEET PEPPERS AND CHORIZO	HOMEMADE PASTIES AND VEGETABLES (G,S,M)	SAUSAGES, SWEET POTATOES AND VEG (G,SD,M, E)
<b>PUD</b>	PINEAPPLE UPSIDE CAKE (G,E)	HOMEMADE BISCUITS (G,M)	BEETROOT AND COCOA CAKE (M,G,E)	CRISPY TARTS (B,G)	FRUIT SALAD
<b>TEA</b>	SLOW COOKED GAMMON AND ROASTED VEG	CHICKEN PIE AND VEGETABLES  VEGETARIAN PIE (M,G,E,S)	HAM AND CHEESE QUICHE WITH BAKED BEANS (M,G,E,SD)	TUNA BAKE (F,G,E,M)	FILLED PITTA BREADS, VEGGIE STICKS (E,G,M, SD)
<b>PUD</b>	YOGHURT OR FRUIT (M)	YOGHURT OR FRUIT (M)	YOGHURT OR FRUIT (M)	YOGHURT OR FRUIT (M)	YOGHURT OR FRUIT (M)

ALL MEALS ARE SERVED WITH FRESHLY COOKED VEGETABLES

## SNACK MENU

<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	SATSUMAS AND RAISINS	BLUEBERRIES	PINEAPPLE AND CHEESE (M)	RASPBERRIES AND STRAWBERRIES	BREADSTICK AND CUCUMBER (G,S,M,SS)
<b>PM SNACK</b>	CRACKERS AND SPREAD (G,M)	BANANA	APPLE AND PEAR	CARROT STICKS AND HUMMUS	MELON

<b>WEEK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	RED PEPPERS AND DIP	BREADSTICK AND CUCUMBER (G,S,SS,M)	BANANA AND BISCUIT (G,M,SS)	PINEAPPLE AND CHEESE (M)	TOMATO AND MELBA TOAST (S,G,M,SS)
<b>PM SNACK</b>	CRACKER AND SPREAD (G,M)	STRAWBERRIES	SEASONAL FRUIT	APPLE AND PEAR	HOMEMADE CHEESY BISCUITS (B,M)

ALL MEALS ARE SERVED WITH FRESHLY COOKED VEGETABLES