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| **Menu 1 - Week 1**  | **Lunch** | **Tea** |
| Monday | Jacket Potato with Beans and Cheese **V**Side Salad **Vg**Fairy Cake  | Ham and Crackers **GF**Cheese Spread **V**Warm Custard |
| Tuesday  | Beef Chilli and Brown Rice Quorn Mince Chilli with Brown Rice **V**Sugar free Jelly  | Cheese and Onion Wholemeal Toasties **V GF**Fruit Cocktail  |
| Wednesday |  Cauliflower, Pea & Butternut Squash Curry **Vg** Wholemeal Wrap & Cucumber Yoghurt dipFruit Platter | Tuna **P**or Cucumber Sandwiches **V**Banana Smoothie  |
| Thursday | Chicken or Quorn **V** Chicken Roast Dinner with Potatoes, Vegetables and GravyFromage Frais Selection  | Buttered Crumpet Sliced Banana and Apple  |
| Friday | Hummus, Vegetable Sticks **Vg**(Cucumber, Peppers and Carrots) Salmon, Tomato and Spinach Pasta **P**Fresh Fruit | Ham Sandwichesor Cheese **V** Pineapple Slices  |

**Key: Vg** = Vegan **V** = Vegetarian **P** = Pescatarian **GF** = Gluten Free available

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| **Menu 1 - Week 2**  | **Lunch** | **Tea** |
| Monday | Chicken Sweetcorn or Cheese and Tomato **V**  Wholemeal Pitta Bread Pizza **GF**with Coleslaw and Side Salad Strawberry or Apricot Fromage Frais | Homemade Vegetable Noodles **GF**Seasonal Fruit |
| Tuesday  | Vegetable Pasta **V**Side Salad **Vg**Sugar Free Strawberry Mousse | Beans on Toast/Baked Bean toastie **GF**Sugar Free Milkshake |
| Wednesday | Poppadum, Yoghurt and Cucumber Dip **GF** Quorn **V** or Chicken Green Bean Curry with Brown Rice | Wrap Selections: Red Pepper and Ham Cheese and Pepper **V**Custard |
| Thursday |  Cottage Pie with Vegetable Medley Quorn Vegetable Pie **V** Sugar Free Jelly | Crispbread Crackers with Dairylea **V GF**Melon Medley  |
| Friday | Macaroni, Broccoli, and Cauliflower Cheese **V**Bananas and Custard | Quorn Pieces and Vegetable Rice **V**Whole/Semi-Skimmed Milk  |

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| **Menu 1 - Week 3**  | **Lunch** | **Tea** |
| Monday | Hummus, Peppers, Carrots and Breadsticks **V** Chicken and Vegetables with CouscousOr Quorn option **V** | Baked Beans on Wholemeal Toast **GF**Banana Mousse  |
| Tuesday  | Homemade Wholemeal Garlic Bread **GF**  Beef Spaghetti Bolognese  or Quorn Bolognese option **V**Piece of fruit | Cheese and Tomato **V**Wholemeal Pitta Bread PizzasWhole/Semi Skimmed Milk |
| Wednesday | Chickpea and Potato Curry **Vg**With Wholemeal Pitta BreadFruit Platter  | Crackers with Cheese spread **V**or Ham and Crackers **GF** Warm Custard |
| Thursday | Mushroom/Vegetable Risotto **V**Sugar Free Jelly | Cheese and Ham Wholemeal Toasties **GF**alternatively, just Cheddar **V**Fromage Frais |
| Friday | Sausage, Mash, Peas, and Gravyor Quorn sausage option **V**Fromage Frais  | Wrap Selection: Chicken Cheese **V**Banana and Apple Slices  |

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| **Menu 1 - Week 4**  | **Lunch** | **Tea** |
| Monday | Vegetable Pasta Bake **V**Sugar Free Jelly  | Buttered Crumpets Whole/ Semi Skimmed Milk |
| Tuesday  | Quorn **V** / Chicken Roast Dinner with Potatoes, Vegetables and GravyFromage Frais  | Cream Crackers **GF** with Cheddar **V**or Ham Melon and Grapes |
| Wednesday | Turkey Meatball Casserole with Couscousor pure Vegetable Casserole **V** Bananas and Custard  | Chicken and Cucumber or Cheese and Cucumber Wholemeal Wraps **V** Sugar Free Milkshake |
| Thursday | Avocado and Lemon Dip **V**with Wholemeal Pitta Bread **GF**Homemade Fish Pie **P** | Crispbread Crackers with Cheese spread **V**or Chicken/HamGrapes and Bananas  |
| Friday | Vegetable Curry with Brown Rice **Vg**Strawberry Mousse  | Cheese and Ham Toasties **GF**or just Cheddar **V**Warm Custard  |

**Breakfast**: Cornflakes, Rice Krispies, Weetabix, Porridge or Wholemeal Toast. Fruit available

**Snacks**: Fruit & Vegetables with a Carbohydrate in the morning (Breadstick, Wrap, Pitta, Rice cake)