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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 dip  Fruit Platter | Tuna **P**  or Cucumber Sandwiches **V**  Banana Smoothie |
| Thursday | Chicken or Quorn **V**  Chicken Roast Dinner with Potatoes, Vegetables and Gravy  Fromage 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 Sandwiches  or 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 Couscous  Or 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 Pizzas  Whole/Semi Skimmed Milk |
| Wednesday | Chickpea and Potato Curry **Vg**  With Wholemeal Pitta Bread  Fruit 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 Gravy  or 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 Gravy  Fromage Frais | Cream Crackers **GF** with Cheddar **V**  or Ham  Melon and Grapes |
| Wednesday | Turkey Meatball Casserole with Couscous  or 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/Ham  Grapes 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)