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| **Menu 2 - Week 1** | **Lunch** | **Tea** |
| Monday | Butternut Squash and Vegetable Stew with Mash Potatoes **V**  Fromage Frais Selection | Crunchy Crispbread with Hummus  or Cheese Slices **V**  Sugar-Free Milkshake |
| Tuesday | Sweet and Sour Turkey & Vegetables  or Quorn pieces **V** with Brown Rice  Ice Cream | Tuna Sandwich Squares **P**  or Cucumber, Banana bites **Vg**  Pineapple Slices |
| Wednesday | Homemade Garlic Bread **Vg**  Beef Cottage Pie with Garden Peas  or Quorn pie **V** | Carrot and Cucumber Batons **Vg**  Cream Crackers and Soft Cheese **V GF**  Banana Mousse |
| Thursday | Quorn **V** or Roast Chicken stir fry  with Rice noodles **GF**  Sugar free Jelly | Buttered Crumpets  Strawberry or Apricot Fromage Frais |
| Friday | Pork Sausages with Sweet Potato Wedges and Broccoli  or Vegetable Sausages **V**  Warm Custard | Toasted Triangles **GF**  Toppings: Chicken, Ham  or Cheese **V**  Fresh Whole/Semi-skimmed Milk |

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

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| **Menu 2 - Week 2** | **Lunch** | **Tea** |
| Monday | Chicken and Mushroom Pie with Mash  or Vegetable & Quorn Pie with Mash **V**  Strawberry or Apricot Fromage Frais | Griddled Crumpets  Grapes and Orange slices |
| Tuesday | Pitta Bread Pizza with variety of toppings  Sugar Free Jelly | Ham Sandwiches or Cheddar Cheese **V**  Fromage Frais selection |
| Wednesday | Broccoli Pasta Bake with Salad **V**  Bananas and Custard | Open Ham Crackers or Cheese **V**  Sugar Free Milkshake |
| Thursday | Crispy Wraps with Homemade Dip **V**  Chickpea and Potato Curry **Vg**  with Brown Rice | Thai Vegetable Noodles **GF**  Melon Slices |
| Friday | Beef Spaghetti Bolognese or Quorn **V**  with Cucumber Slices  Fresh Fruit Platter | Filled Wraps: Cheese and Cucumber **V**  or Ham and Tomato  Mango Chunks |

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| **Menu 2 - Week 3** | **Lunch** | **Tea** |
| Monday | Jacket Potatoes with Beans and Cheese **V**  Banana Mousse | Crackers with Cheddar Cheese **V**  or Ham and Crackers **GF**  Fresh Whole or Semi-skimmed Milk |
| Tuesday | Chicken or Quorn **V** Tagliatelle  with Side of Sweetcorn & Mushroom  Custard | Toasted Crumpets  Warm Sliced Apples |
| Wednesday | Mushroom/Vegetable Risotto **V**    Homemade Fruit Cocktail | Crispbread Crackers with Cucumber **V**  Hummus or Ham  Banana Mousse |
| Thursday | Warm Pitta with Salsa **V**  Roasted Cauliflower  with Couscous and Sauce **Vg** | Selection of Sandwiches: Ham or Cheese **V**  Melon Slices |
| Friday | Fish P or Vegetable pie **V**  Sugar Free Jelly | Variety of Topped Rice Cakes **Vg** **V GF**  Strawberry or Apricot Fromage Frais |

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| **Menu 2 - Week 4** | **Lunch** | **Tea** |
| Monday | Hummus with Vegetable Batons **Vg**  Vegetable Biriyani with Yoghurt **V** | Filled Crackers with Cheese Spread **V** **GF**  Fruit Smoothies |
| Tuesday | Tomato Pasta Bake **V**  Plain Fairy Cake | Cucumber or Cheese Finger Sandwiches **V** **GF**  Fromage Frais Selection |
| Wednesday | Thai Chicken Curry or Vegetable Curry **Vg**  with Rice Noodles **GF**  Sugar Free Jelly | Filled Wraps: Cheese **V**  Pepper and Sweetcorn **Vg**  Grapes and Melon |
| Thursday | Garlic Pitta Bread **GF**  Jacket Potatoes with Tuna Mayo **P**  or Baked Beans **V** | Vegetables and Couscous **V**  Cinnamon Custard |
| Friday | Lentil and Mushroom Lasagne **V**  with a Side Salad  Mango Sorbet | Toasties: Ham or Cheese **V**  Sugar-Free Milkshake |

**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)