

Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wheat biscuits with yoghurt and dried apricots	Cornflakes with milk	Toast with mashed banana	Malt wheat cereal with milk	Crisped rice cereal with milk and satsumas
	White toast with spread			Crumpet with spread and pear	Fruit toast with spread
Mid-morning snack	Toasted English muffin with spread and a clementine	Runner beans with bean dip	Ryvita with beetroot dip	Banana	Toasted pitta bread with mashed avocado
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Haddock and salmon pie with red cabbage and runner beans	Chicken tagine with vegetable cous cous	Pork meatballs with spaghetti, peas and carrots	Chickpea and vegetable biryani	Roast chicken with roast potatoes, root vegetables and gravy
Vegetarian lunch	Bean pie with red cabbage and runner beans	Mixed bean tagine with vegetable cous cous	Vegetarian meatballs with spaghetti, peas and carrots	Chickpea and vegetable biryani	Quorn fillet with roast potatoes, root vegetables and gravy
Jacket potato	With baked beans	With coleslaw	With cheese	With tuna or cheese	With baked beans
Dessert	Eve's pudding with custard	Warm winter fruit salad with vanilla sauce	Seasonal fruit salad	Mandarin jelly	Yoghurt with dates, apples and Cornflakes
Mid- afternoon snack	Tomato slices and cheese cut into sticks	Plain popcorn and pear	Oatcake and satsuma	Baby corn and crackers with spread	Carrot and pepper sticks with houmous
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea	Cous cous with chicken, beetroot and mixed salad	Jacket Potato with tuna mayonnaise and carrot and cucumber sticks	Sweet potato and lentil soup and wholemeal bread with spread	Pea, ham and mushroom pasta bake	Mexican bean and cheese wraps with red pepper and celery
Vegetarian Tea	Cous cous with houmous, beetroot and mixed salad	Jacket Potato with cheese and carrot and cucumber sticks	Sweet potato and lentil soup and wholemeal bread with spread	Veggie mince and mushroom pasta bake	Mexican bean and cheese wraps with red pepper and celery
Dessert	Seasonal fruit salad	Banana and custard	Yoghurt and blackberry compote	Rice pudding and apricots	Apple, pear and plum

Fresh drinking water will be available and accessible at all times

