

Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Crisped rice cereal with milk	Malt wheats with milk and banana	Wholemeal toast with spread	Cornflakes with milk and raisins	Wheat biscuits with milk
	Plain bagel quarter with spread and chopped plum	Wholemeal toast with spread	Pear slices	Half crumpet with spread	Half a toasted teacake with spread and apple
Mid-morning snack	Carrot and pepper sticks	Ryvita with cream cheese	Crackers with spread and sliced grapes	Wholemeal pitta fingers with mint raita and cucumber sticks	Plum and satsuma
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Pork goulash with brown rice and green beans	Creamy chicken and leek hotpot with broccoli	Beef lasagne with garlic bread & peas	Fish and pea fishcakes with potato wedges and spinach	Sweet and sour quorn with noodles
Vegetarian lunch	Bean goulash with brown rice and green beans	Creamy quorn and leek hotpot with broccoli	Tomato and lentil lasagne with garlic bread and peas	Cheese and mushroom with potato wedges and spinach	Sweet and sour quorn with noodles
Jacket potato	With baked beans	With cheese	With coleslaw	With baked beans	With tuna or cheese
Dessert	Shortbread and satsuma segments	Baked apple with cinnamon	Semolina and raisins	Warm winter fruit salad and yoghurt	Banana and cinnamon rice pudding
Mid- afternoon snack	Banana on toast	Yoghurt and pear	Cheese sticks and tomato	Pineapple pieces	Toasted English muffin with spread and carrot sticks
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea	Macaroni cheese with peas	Squash and lentil soup and wholemeal bread with spread	Salmon and vegetable rice salad	Chicken fajitas	Mixed bean chilli and jacket potato
Vegetarian Tea	Macaroni cheese with peas	Squash and lentil soup and wholemeal bread with spread	Chickpea and vegetable rice salad	Vegetable fajitas	Mixed bean chilli and jacket potato
Dessert	Warm fruit salad with yoghurt	Peaches with custard	Seasonal fruit salad	Autumn fruit kebabs	Yoghurt with date and apple puree

Fresh drinking water will be available and accessible at all times

