

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Sliced Grapes	Cucumber Sticks with Cream Cheese	Yoghurt and Sliced Grapes	Vegetable Sticks with Hummus	Diced Tomato and Cucumber
PM SNACK	Rice cakes	Sliced Apple	Oatcake and Spread	Fresh Fruit	Pear Slices with Cheese
LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE	Mac n Cheese Served with a Tomato and Cucumber Salad	Teriyaki Salmon with a Vegetable Stir-Fry and Noodles	Garlic and Herb Chicken Served with New Potatoes, Broccoli and Cauliflower	Savoury Mince Served with Creamy Mash potatoes	Turkey Mince Burritos Served with Homemade Lightly Spiced Potato Wedges and Baby Leaf salad
Vegetarian	As Above	Vegetable and bean Stir-fry with Noodles	Vegetable and Lentil Fritter	Savoury Quorn mince	Vegetable and Bean Burritos
DESSERT	Strawberries and Cream	Fresh Fruit Platter	Banana and Custard	Fromage Frais	Plain Yoghurt with Fruit Puree
TEA	Monday	Tuesday	Wednesday	Thursday	Friday
	Mini Ploughman, Sliced Apple, Cheese, Ham and Bread	Chef's Homemade Soup with Freshly Baked Baguette	Salmon and Dill Pasta Salad with Tomato and Cucumber	Baked Beans on Toast with Grated Cheese	Ham and Cream Cheese Bagels with Sliced Tomato
	Fresh Fruit	Plain Yoghurt with a Fruit Puree	Fresh Fruit	Sliced Apple	Beetroot Chocolate Brownie