

Week 1		Key: Fruit & Vegetables - Dairy - Starchy food - Protein food						
	Breakfast served with Water	10am Snacks & Milk	Lunch 11.25am	Vegeterian option	Tea 3pm Water	5pm Milk	Does it meet the Food Based Standards?	
Monday	Muesli, fruit, Cereal and toast	Rice cake (buttered)	Taglatelle with white Fish & broccoli in cheese sauce Watermelon slices	Taglatelle in cheese sauce with Broccoli Watermelon slices	Cheese & tomato pizza slices Fresh mango slices	Chick pea and green bean salad	Dairy: 3 servings Fruit: 2 servings Veg: 2 servings Starchy: 3 servings Protein: 2 serving	
Tuesday	Scrambled egg on toast and cereal	Blueberries	Pueto Rican Chicken, Mediterranean veg, cous cous Fresh Fruit salad with greek yoghurt	Pueto Rican Tofu, Mediterranean veg, cous cous Fresh Fruit salad with greek yoghurt	Scones with cream cheese and cucumber Grapes	Chappati slices	Dairy: 3 servings Fruit: 3 servings Veg: 1 servings Starchy: 3 servings Protein: 1 serving	
Wednesday	Porridge with pureed fruit and toast	Kidney bean, sweetcorn & Cucumber	Ratatouille with mediterean veg with Quinoa Small pots of yoghurt	Ratatouille with mediterean veg with Quinoa Small pots of yoghurt	Tuna in crème fraiche, Wholemeal bread, Blueberries & apples	Sugar snap peas	Dairy: 4servings Fruit: 2 servings Veg: 4 servings Starchy: 3 servings Protein: 1 servings	
Thursday	Toast, fresh fruit, cereal & porridge	Carrot sticks & Hummus	Chicken curry , peas with basmati rice Spiced banana cake & whole milk custard	Bombay potatoes in curry, peas with basmati rice Spiced banana cake & whole milk custard	Scrambled egg on toast Fresh Fruit	Cheese sticks	Dairy: 3 servings Fruit: 2 servings Veg: 2 servings Starchy: 3 servings Protein: 3 servings	
Friday	Beans on toast, porridge, Oats & fresh fruit	Peppers, pitta bread, homemade guacamole dip	Lamb meat balls in red sauce, sweet potato wedges, Carrots Pancakes with whole milk custard	Qourn balls in red sauce, sweet potato wedges, Carrots Pancakes with whole milk custard	Cheese and Crackers with cucumber Fresh fruit	Kiwi slices	Dairy: 3 servings Fruit: 2 servings Veg: 4 servings Starchy: 4 servings Protein: 1 serving	
Dairy products are substituted with soya milk and butter.								

Week 2	Key: Fruit & Vegetables - Dairy - Starchy food - Protein food						
	Breakfast	10am Snacks & Milk	Lunch 11.25am	Vegeterian option	Tea 3pm Water	5pm Milk	Does it meet the Food Based Standards?
Monday	Muesli, fruit, Cereal and beans on toast	Rice cake (Buttered)	Tuna pasta and sweetcorn with Crème fraiche Fruit salad in juice & greek yoghurt	Spinach pasta in cheese sauce, Fruit salad in juice & greek yoghurt	Cheese and cucumber sandwiches Banana	Kiwi	Dairy: 4 servings Fruit: 3 servings Veg: 2 servings Starchy: 3 servings Protein: 1 serving
Tuesday	Scrambled egg on toast and cereal	Baby sweetcorn	Sweet & Sour chicken with noodles, green beans. Pineapple upside down cake with whole milk custard	Sweet & Sour oriental veg with noodles, green beans. Pineapple upside down cake with whole milk custard	Crumpets with butter Apples and grapes	Mixed bean salad	Dairy: 3 servings Fruit: 3 servings Veg: 2 servings Starchy: 3 servings Protein: 2 serving
Wednesday	Porridge with pureed fruit and toast	Strawberries	Spaghetti Bolognese with Mixed Vegetables Banana flavoured Mousse (No added sugar)	Spaghetti quorn Bolognese with Mixed Vegetables Banana flavoured Mousse (No added sugar)	Tuna Quiche Fresh Pears	Breadsticks with morrocan butternut squash dip	Dairy: 3 servings Fruit: 3 servings Veg: 1 servings Starchy: 3 servings Protein: 2 servings
Thursday	Toast, fresh fruit, cereal & porridge	Sugar snap peas	BBQ chicken and rice with peas Semolina in whole milk	BBQ Tofu and rice with peas, Semolina in whole milk	Vegetable spring rolls Fresh Oranges	Carrot sticks with hummus	Dairy: 3 servings Fruit: 1 servings Veg: 4 servings Starchy: 2 servings Protein: 2 servings
Friday	Scrambled egg on toast, Oats & fresh fruit	Celery sticks with beetroot and sesame dip	Jacket potato with cheese & baked beans Melon & Grapes	Jacket potato with cheese & baked beans Melon & Grapes	Tomato & 3 bean Soup and Bread roll Fresh Fruit	Steamed asparagus with a dip	Dairy: 3 servings Fruit: 2 servings Veg: 3 servings Starchy: 3 servings Protein: 2 serving
Dairy products are substituted with soya milk and butter.							

Week 3		Key: Fruit & Vegetables - Dairy - Starchy food - Protein food					
	Breakfast	10am Snacks & Milk	Lunch 11.25am	Vegeterian option	Tea 3pm Water	5pm Milk	Does it meet the Food Based Standards?
Monday	Muesli, fruit, Cereal and toast	Fresh Orange	Sausage Casserole, mixed veg with potatoes Homemade apple crumble and whole milk custard	Vegeterian Sausage Casserole, mixed veg with potatoes Homemade apple crumble and whole milk custard	Spaghetti on toast Grapes	Carrot sticks Hummus	Dairy: 3 servings Fruit: 2 servings Veg: 2 servings Starchy: 3 servings Protein: 2 serving
Tuesday	Beans on toast and cereal	Small wholewheat Breadsticks and salsa dip	Chicken tortilla wraps with peppers served with mixed salad & Croutons Frozen Yoghurt	Tofu in tortilla wrap with peppers & mixed salad Frozen Yoghurt	Minestrone Soup with bread roll Honeydew melon cubes	Pineapple rings	Dairy: 3 servings Fruit: 2 servings Veg: 3 servings Starchy: 3 servings Protein: 1 serving
Wednesday	Porridge with pureed fruit and toast	Cucumber and peppers with cheese & chive dip	Chilli Con Carne and Rice Pancakes with whole milk custard	Kidney beans in sauce with Rice Pancakes with whole milk custard	Mackerel on toasted bread Bananas	Avocado and mango cubes	Dairy: 3 servings Fruit: 2 servings Veg: 3 servings Starchy: 3 servings Protein: 2 servings
Thursday	Toast, fresh fruit, cereal & porridge	Rice Cake (Buttered)	Macaroni and Cheese pasta & Spinach Watermelon	Macaaroni and Cheese pasta & Spinach Watermelon	Egg in crème fraiche on bagels Blueberries	Pear and oranges	Dairy: 4 servings Fruit: 3 servings Veg: 2 servings Starchy: 3 servings Protein: 1 servings
Friday	Scrambled egg on toast, Oats & fresh fruit	Sugar snap peas	Lamb tagine with butternut squash & Carrots with Cous cous Strawberry flavoured Mousse (No added sugar)	Quorn mince with Butternut squash & carrots with Cous cous Strawberry flavoured mousse (No added sugar)	Cheese Pizza Fresh fruit	Wholewheat Breadsticks and Tzatziki dip	Dairy: 3 servings Fruit: 2 servings Veg: 3 servings Starchy: 3 servings Protein: 1 serving

Dairy products are substituted with soya milk and butter.

Week 4	Key: Fruit & Vegetables - Dairy - Starchy food - Protein food						
	Breakfast	10am Snacks & Milk	Lunch 11.25am	Vegeterian option	Tea 3pm Water	5pm Milk	Does it meet the Food Based Standards?
Monday	Muesli, fruit, Cereal and toast	Small wholewheat Breadsticks and dips	Lentil curry with peppers and rice Semolina	Lentil curry with pepper and rice Semolina	Boiled egg on buttered bread Fresh Fruit	Carrots and celery stick with beetroot dip	Dairy: 3 servings Fruit: 1 servings Veg: 3 servings Starchy: 3 servings Protein: 2 serving
Tuesday	Scrambled egg on toast and cereal	Avocado and mango cubes	Chicken and Sweetcorn Pie, mash potato , green Beans and gravy Fruit salad in juice & Frozen yoghurt	Tofu and sweetcorn pie with mash potato, green Beans and gravy Fruit salad in juice & Frozen yoghurt	Veg spring rolls Natural yoghurt with blueberries	sugar snap peas	Dairy: 4 servings Fruit:3 servings Veg: 4 servings Starchy: 3 servings Protein: 1 serving
Wednesday	Porridge with pureed fruit and toast	Raspberries	Shephards Pie with Broccoli Fruit salad in juice & greek yoghurt	Shephards pie in mixed bean with broccoli Fruit salad in juice & greek yoghurt	Tuna and crème fraiche sandwich Fresh Apples	Steamed Asparagus with a dip	Dairy: 4 servings Fruit: 3 servings Veg: 2 servings Starchy: 2 servings Protein: 2 servings
Thursday	Toast, fresh fruit, cereal & porridge	Banana's and Grapes	Roast chicken with potatoes and carrots Sponge cake & whole milk custard	Veggie Grill with potatoes and veg Sponge cake & whole milk custard	Fruit bread Small pots of Yoghurt	Carrot and pepper with Cheese and chive dip	Dairy: 4 servings Fruit: 2 servings Veg: 3 servings Starchy: 3 servings Protein: 1 servings
Friday	Beans on toast, Oats & fresh fruit	Steamed asparagus with a Tzatziki dip	Mince Lasagne with sweetcorn Homemade Carrot and courgette cake with whole milk custard	Qourn Lasagne with sweetcorn Homemade Carrot and courgette cake with whole milk custard	Cheese and Crackers with cucumber Fresh Fruit	Breadsticks with Hummus dip	Dairy: 4 servings Fruit: 1 servings Veg: 4 servings Starchy: 4 servings Protein: 2 serving
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