

Week 1	Key: Fruit & Vegetables - Dairy - Starchy food - Protein food							
	Breakfast served with Water 7.45am-8.45am	10am Milk & Snack	Lunch 11.20am with Water	Vegeterian option	2pm Water & Snack	Tea 3.30pm Water	5 pm Milk & Snack	Does it meet the Food Based Standards?
Monday	Cereal with milk: Weetabix, rice pops & cornflakes. Wholemeal buttered toast	Rice Cake	Pea and Mushroom Pasta with White Sauce Fresh Fruit Salad with Yoghurt	Pea and Mushroom Pasta with White Sauce Fresh Fruit Salad with Yoghurt	Sugar Snap Peas	Sardine on Toast Apple	Strawberry	Dairy: 3 servings Fruit: 3 servings Veg: 2 servings Starchy: 4 servings Protein: 1 servings
Tuesday	Cereal with milk: Shreddies & rice pops Scrambled egg on wholemeal buttered toast	Kidney bean, sweetcorn & cucumber	Spiced Lamb cubes with Mix Veg. and Mashed Potato Watermelon	Quorn lamb cubes with Mix Veg. and Mashed Potato Watermelon	Baby Sweetcorn	Cheese Pizza Raspberries	Pear	Dairy: 2 servings Fruit: 3 servings Veg: 3 servings Starchy:3 servings Protein: 3 servings
Wednesday	Cereal with milk: Porridge with pureed fruit. Wholemeal buttered toast	Blueberries	Sweet and Sour Chicken with Green Beans and Noodles Vanilla Cake and Custard	Sweet and Sour Tofu with Green Beans and Noodles Vanilla Cake and Custard	Breadsticks with Dip	Tuna in crème fraiche sandwich (Wholemeal bread) Cucumber slices	Orange	Dairy:3 servings Fruit: 3 servings Veg: 2 servings Starchy:5 servings Protein: 2 servings
Thursday	Cereal with milk: Corn flakes, porridge & rice pops Wholemeal buttered Toast fresh fruit	Carrots sticks & Hummus	Lamb mince with Sweetcorn Lasagne Jelly with Fruit Cocktail in juice	Quorn mince and Sweetcorn Lasagne Jelly with Fruit Cocktail in juice	Natural Yoghurt with Fruit Smoothie	(Reduced salt & sugar) Beans on wholemeal toast Dates	Raspberries	Dairy: 2 servings Fruit: 5 servings Veg: 2 servings Starchy: 3 servings Protein: 3 servings
Friday	Cereal with milk: Porridge, & Oats fresh fruit Beans on wholemeal buttered toast.	Peppers, Pitta bread & Guacamole	Makeral and Kidney Beans with Rice Semolina	Kidney Beans with Rice Semolina	Carrot Sticks with Hummus	Chinese vegetable brown rice Sharon fruit	Melon	Dairy: 2 servings Fruit: 3 servings Veg: 3 servings Starchy: 4 servings Protein: 4 servings

Dairy free diet is substituted with soya milk and butter. Veg options is also served at tea time. Beans are reduced salt & sugar. Fruit cans are in juice only.

Week 2	Key: Fruit & Vegetables - Dairy - Starchy food - Protein food							
	Breakfast served with Water 7.45am-8.45am	10am Milk & Snack	Lunch 11.20am with Water	Vegeterian option	2pm Water & Snack	Tea 3.30pm Water	5 pm Milk & Snack	Does it meet the Food Based Standards?
Monday	<u>Cereal with milk:</u> Weetabix, rice pops & cornflakes. Wholemeal buttered toast	Rice cake (Buttered)	Egg fried Rice with Mixed Vegetables Frozen Yoghurt	Vegetable Savoury Rice with Mixed Vegetables Frozen Yoghurt	Cheese and Cucumber Sticks	Paneer Masala with Naan Papaya	Grape	Dairy: 3 servings Fruit: 2 servings Veg: 2 servings Starchy: 4 servings Protein: 2 servings
Tuesday	<u>Cereal with Milk:</u> Shreddies & corn flakes. Beans on wholemeal buttered toast	Baby sweetcorn	BBQ Chicken with Carrots, Potato wedges Melon	BBQ Quorn pieces with Carrots and Wedges Potato Melon	Asparagus with Dip	Tuna creme fresh Sandwich Raspberries	Watermelon	Dairy: 2 servings Fruit: 3 servings Veg: 3 servings Starchy: 3 servings Protein: 1 servings
Wednesday	<u>Cereal with milk:</u> Porridge with pureed fruit and wholemeal buttered toast	Crackerbread	White Fish Taglatelle Pasta with Broccoli Apple Crumble with Custard	Taglatelle Pasta in cheese sauce with Broccoli. Apple Crumble with Custard	Fruit Bread	Vegetable & egg Couscous Blueberries	Apple	Dairy: 2 servings Fruit: 4 servings Veg: 2 servings Starchy: 5 servings Protein: 2 servings
Thursday	<u>Cereal with milk:</u> Shreddies & rice pops Scrambled egg on wholemeal buttered toast	Banana's	Chicken, Sweetcorn and Green Beans Pie with Mash Potato and Gravy Strawberry Mousse	Tofu, Sweetcorn and Green Beans Pie with Mash Potato and Gravy Strawberry Mousse	Grilled halumi	Vegetable spring rolls with cherry tomatoes	Orange	Dairy: 3 servings Fruit: 3 servings Veg: 3 servings Starchy: 2 servings Protein: 2 servings
Friday	<u>Cereal with milk:</u> Cornflakes, porridge & rice pops. Fresh fruit of the day, Wholemeal buttered Toast	Breadsticks with guacamole dip	Lamb Spaghetti Bolognese with Peas Pancakes with Custard	Quorn mince Spaghetti Bolognese with Peas Pancakes with Custard	Pineapple Rings	Chick Pea Curry with Chappati Dates	Kiwi	Dairy: 2 servings Fruit: 4 servings Veg: 2 servings Starchy: 2 servings Protein: 2 servings

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Week 3	Key: Fruit & Vegetables - Dairy - Starchy food - Protein food							
	Breakfast served with Water 7.45am-8.45am	10am Milk & Snack	Lunch 11.20am with Water	Vegeterian option	2pm Water & Snack	Tea 3.30pm Water	5 pm Milk & Snack	Does it meet the Food Based Standards?
Monday	<u>Cereal with milk:</u> Weetabix, rice pops & cornflakes. Wholemeal buttered toast	Sugar snap peas	Lentil & Courgette Bake with Cauliflower Greek yoghurt	Lentil Bake & Courgette with Cauliflower. Greek yoghurt	Banana roll in tortilla	Tuna Sandwich Kiwi	Grape	Dairy: 2 servings Fruit: 3 servings Veg: 3 servings Starchy: 3 servings Protein: 2 servings
Tuesday	<u>Cereal with milk:</u> Porridge with pureed fruit. Wholemeal buttered toast	Small wholewheat Breadsticks and salsa dip	Chicken Curry with Peppers and Cous Cous Frozen Yoghurt	Tofu Curry with Peppers and Cous Cous Frozen yoghurt	Buttered Crumpets	Mix Vegetable Rice Pears	Blueberry	Dairy: 2 servings Fruit: 3 servings Veg: 2 servings Starchy: 5 servings Protein: 1 serving
Wednesday	<u>Cereal with milk:</u> Shreddies & corn flakes. Beans on wholemeal buttered toast.	Cucumber and peppers with cheese & chive dip	Tuna Pasta Bake with Sweetcorn Banana and Custard	Tomato Pasta Bake with Sweetcorn Banana and Custard	Natural yoghurt fruit smoothie	Egg on Toast Raspberries	Plum	Dairy: 4 servings Fruit: 4 servings Veg: 3 servings Starchy: 4 servings Protein: 3 servings
Thursday	<u>Cereal with milk:</u> Oats & fresh fruit of the day. Scrambled egg on wholemeal buttered toast,	Rice Cake (Buttered)	Lamb Chilli Con Carne with Kidney Beans and Rice Fresh Fruit Salad with Yoghurt	Quorn Chilli Con Carne with Kidney Beans and Rice Fresh Fruit Salad with Yoghurt	Carrots Sticks with Hummus	Stir Fry Vegetable Pasta Dates	Apple	Dairy: 2 servings Fruit: 3 servings Veg: 2 servings Starchy: 4 servings Protein: 4 servings
Friday	<u>Cereal with milk:</u> Weetabix, rice pops & porridge. Wholemeal buttered Toast. Fresh fruit,	Fresh Orange	Jacket Potato with Baked Beans and Cheese Pancakes with Custard	Jacket Potato with Baked Beans and Cheese Pancakes with Custard	Pineapple Rings	Carrots and Coriander Soup with Bread Roll Melon	Strawberries	Dairy: 3 servings Fruit: 5 servings Veg: 2 servings Starchy: 4 servings Protein: 1 servings

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Week 4	Breakfast served with Water 7.45am-8.45am	10am Milk & Snack	Lunch 11.20am with Water	Vegeterian option	2pm Water & Snack	Tea 3.30pm Water	5 pm Milk & Snack	Does it meet the Food Based Standards?
Monday	Cereal with <u>milk</u> : Oats, fresh fruit. Scrambled egg on wholemeal buttered toast	Chick Pea and Green Bean Salad	Tuna and Mushroom Pasta Sponge Cake with Custard	Mushroom Pasta	Baby Sweetcorn	Egg Muffin Clementines	Dates	Dairy: 2 servings Fruit: 3 servings Veg: 3 servings Starchy: 4 servings Protein: 4 servings
Tuesday	Cereal with <u>milk</u> : Porridge with pureed fruit and wholemeal buttered toast	Wholewheat Breadsticks	Chicken Linguine with Broccoli in White Sauce Grapes	Linguine with Broccoli in White Sauce Grapes	Mixed Bean Salad	Tortilla Wraps with Tuna and Cheese Pots of Yoghurt	Raspberries	Dairy: 4 servings Fruit: 3 servings Veg: 1 servings Starchy: 3 servings Protein: 3 servings
Wednesday	Cereal with <u>milk</u> : Weetabix, rice pops & porridge with fresh fruit, Wholemeal buttered toast	Avocado and Mango	Lamb Cassarole with Mix Vegetable and Sweet Potato Strawberry Mousse	Quorn with Mix Vegetable and Sweet Potato Strawberry mousse	Vegetable Spring Roll	Pitta Bread with Cheese and Cucumber Strawberries	Watermelon	Dairy: 3 servings Fruit: 4 servings Veg: 4 servings Starchy: 4 servings Protein: 1 servings
Thursday	Cereal with <u>milk</u> : Shreddies & corn flakes Beans on wholemeal buttered toast	Steamed Asparagus with Tzatziki Dip	Roast Chichen with Carrots and Roast Potato Fruit and Custard	Veggie Grill with potatoes and carrots Fruit and Custard	Buttered Toast	Makeral with rice & peas Clementines	Pears	Dairy: 3 servings Fruit: 3 servings Veg: 3 servings Starchy: 4 servings Protein: 3 servings
Friday	Cereal with <u>milk</u> : Oats & fresh fruit Beans on wholemeal buttered toast	Bananas and Grapes	Lentil curry and rice Fruit Salad with Yogurt	Lentil curry and rice Fruit salad with yoghurt	Carrot Sticks with Hummus	Vegetable Cous Cous Salad Papaya	Melon	Dairy: 2 servings Fruit: 5 servings Veg: 2 servings Starchy: 4 servings Protein: 3 servings

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