

Week 1 Menu

	Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast	Wholegrain cereal and whole milk		Wholegrain cereal and whole milk		Wholegrain cereal and whole milk		Wholegrain cereal and whole milk		Wholegrain cereal and whole milk	
Morning snack	Fruit water/milk		Fruit water/milk		Fruit water/milk		Fruit water/milk		Fruit water/milk	
Lunch	Macaroni cheese with ham and sweetcorn	Vegetarian: Macaroni cheese with sweetcorn	Cottage pie with green beans	Vegetarian: Quorn cottage pie with green beans	Fish pie with peas and broccoli	Vegetarian: vegetables in cheese sauce with mashed potato	Roast chicken with roast potatoes and seasonal veg	Vegetarian: Quorn roast chicken with roast potatoes and seasonal veg	Chicken, tomato and basil pasta served with green beans	Vegetarian: Quorn chicken with tomato and basil pasta served with green beans
Dessert	Sponge pudding and custard		Mandarin orange and yoghurt		Warm rice pudding and pears		Fromage frais with apple pie		Angel cake	
Light tea	Bagel and cream cheese with strawberries		Homemade veg soup with pitta fingers		Mild salsa and cheese wrap, served with carrot crudités		Veggie pitta pizza		mixed sandwiches on wholegrain bread with cherry tomatoes	
Dessert	flapjack		carrot cake		Pancake and raisins		Jelly and ice cream		Malt loaf	