

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Baked Banana Oats Or Banana Porridge	Cereal with Milk and fruit	Wholemeal toasted English Muffin with choice of spread + Fruit	Mango Overnight Oats	Very Berry Sheet Pancake
Morning Snack	Apple Slices and Cheese	Oatcakes + Fruit	Breadsticks + Cream Cheese	Rice Cakes + vegetable sticks with hummus	Cheese and Oat Biscuits
Lunch	Wholewheat Spaghetti Bolognese +	Sticky BBQ Chicken, Rice, Green Beans	Chickpea and Vegetables Tagine with Cous Cous	Roast Turkey Carrot and Swede Mash Potato Wedges	Fish Pie (Salmon and Cod/Haddock) with sliced potato topping + Broccoli
Lunch - Vegetarian	Wholewheat Spaghetti + Red Lentil Bolognese	Sticky BBQ Tofu, Rice, Green Beans		Roast Quorn Carrot and Swede Mash Potato Wedges	White bean and leek pie with sliced potato topping + Broccoli
Lunch - second course	Rice Pudding with Fruit Coulis	Seasonal Fruit Salad	Apple Biscuits	Yoghurt with Pear Compote	Banana Bread Slice
High Tea	Hummus, Pitta Bread, Cucumber and Peppers	Cheese Scone with Carrot Sicks	Chicken and Avocado Sandwich + Pineapple Or (v) 'Hummus and avocado Sandwich + Pineapple	Cheese and Spinach Muffins + Melon	Traybake wholewheat vegetable pizza

- *Allergens for each dish are noted on the FSA allergen matrix key for each recipe
- All biscuits or baked items listed do not contain added sugar (excluding naturally occurring fruit or dairy sugars if included)
- Where fruit is not stipulated, a choice of one or more in-season fruits will be offered