

<u>WEEK 1</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Spaghetti Bolognese Broccoli Carrots	Sausages Homemade Potato Bits Baked Beans Sweetcorn	Ham Cheese sauce Baked Potato Broccoli Baked Beans	Shepherd's Pie Green Beans Cauliflower	Tuna Pasta Bake in Tomato Sauce Peas Carrots
DAIRY, GLUTEN FREE, VEGGIE OPTIONS	Quorn Bolognese Spaghetti Broccoli Carrots	Veg/Gluten Free Sausage Mashed Potato Baked Beans Broccoli	As above Minus Ham Minus Cheese sauce	Vegetable Pie Green Beans Cauliflower	Gluten Free Pasta Bake in Tomato Sauce Peas Carrots
DESSERT	Homemade Fruit Sponge & Custard or Fresh Fruit	Banana's with Chocolate Custard or Fresh Fruit	Homemade Rice Pudding & Jam or Fresh Fruit	Dairy Free/Low Fat Ice Cream & Fresh Fruit	Homemade Apple Cobbler & Custard or Fresh Fruit
HIGH-TEA	Cheese on Toast Cucumber Slices Dried Apricots Fromage Frais Fresh Fruit	Ham sandwiches Cheese Cubes Tomatoes Fromage Frais Fresh Fruit	Tuna Mayo Sandwiches Carrot Sticks Jam Muffins Dates Fresh Fruit	Spaghetti Hoops Carrot sticks Cheese Cubes Oat & Raisin Cookies Fresh Fruit	Home Made Pizza Cucumber Slices Fromage Frais Apricots Fresh Fruit

<u>WEEK 2</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Macaroni Cheese Carrots Peas	Fish Fingers & White Sauce Mashed Potato Green Beans Cauliflower	Chicken & Mushroom Curry Basmati Rice Broccoli Sweet corn	Lasagne Sweet Corn Cabbage	Sausage Casserole Mashed Potato Peas Carrots
DAIRY GLUTEN FREE, VEGGIE OPTIONS	As above with Gluten Free Tomato Pasta	Veggie Fingers & White Sauce Mashed Potato Green Beans Cauliflower	Vegetable Curry Broccoli Sweet corn	Vegetable Lasagne Sweet Corn Cabbage	Gluten Free/Veggie Sausage Casserole Mashed Potato Peas Carrots
DESSERT	Banana's & Custard or Fresh Fruit	Reduced Sugar Whip & Fresh Fruit	Homemade Fruit Cake & Custard or Fresh Fruit	Sugar Free Jelly & Fresh Fruit	Homemade Pear Crumble & Custard or Fresh Fruit
HIGH-TEA	Tuna Mayo Sandwiches Cucumber Slices Tomato Slices Rock Cakes Fresh Fruit	Marmite Sandwiches Tomato Slices Oat & Raisin Cookies Fromage Frais Fresh Fruit	Cheese Spread Sandwiches Cucumber Slices Apricots Fromage Frais Fresh Fruit	Egg Sandwiches Cheese Biscuits Carrot Sticks Jam Tarts Fresh Fruit	Beans on Toast Carrot Sticks Cubed Cheese Fromage Frais Fresh Fruit

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Chilli con Carne Basmati Rice Carrots Peas	Meatballs & Gravy Mashed Potato Cauliflower Baked Beans	Onions, Mushroom & Tomato Pasta Green Beans Carrots	Fisherman's Pie Broccoli Sweetcorn	Roast Chicken Roast Potatoes Carrots Cabbage
DAIRY FREE GLUTEN FREE VEGGIE OPTION	Vegetarian con Carne Basmati Rice Broccoli Carrots	As above with Gluten Free Pasta	Vegetarian Meatballs Mashed Potato Cauliflower Baked Beans	Vegetable Pie Sweet Corn Broccoli	Quorn Chicken Roast Potatoes Carrots Cabbage
DESSERT	Winter Fruits Crumble & Custard Or Fresh Fruit	Sugar Free Jelly & Fresh Fruit	Semolina & Jam Or Fresh Fruit	Banana's & Chocolate Custard Or Fresh Fruit	Apple Strudel & Custard Or Fresh Fruit
HIGH-TEA	Homemade Pizza Carrots Sticks Dried Apricots Fromage Frais Fresh Fruit	Marmite Sandwiches Cucumber Slices Tomatoes Sponge Cake Fresh Fruit	Cheese on Toast Tomato Slices Dates Fromage Frais Fresh Fruit	Pitta Bread & Houmous Carrot Sticks Fromage Frais Dried Apricots Fresh Fruit	Ham Sandwiches Cucumber Cubed Cheese Jam Buns Fresh Fruit