

Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves
AM Snack	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg
Main Meal	Discoverers & Explorers: Mash and cauliflower cheese bake, served with a mixture of vegetables	Roast Dinner: Potatoes, a selection of vegetables, yorkshire puddings and meat of the day	Spiced lamb tagine with boiled rice	Spaghetti bolognese with hidden vegetables and a slice of garlic bread	Discoverers & Explorers: Fish pie served with baked beans Adventurers: Fish cakes, potato lattices served with baked beans
Vegetarian	Adventurers: Macaroni and cauliflower cheese bake, served with a mixture of vegetables	Roast Dinner: Potatoes, mixture of vegetables, yorkshire puddings and quorn meat of the day	Spiced vegetable tagine with boiled rice	Vegetable Bolognese with a slice of garlic bread	Discoverers & Explorers: Fish pie served with baked beans Adventurers: Fish cakes, potato lattices served with baked beans
Dessert	Flavoured yoghurt and fruit	Homemade sugar free blueberry muffins	Warm stewed apples	Fruit salad with a spoonful of jelly	Rice pudding
PM Snack	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg
Tea	Crumpets	Sandwiches/Wraps with a variety of fillings, served with vegetable sticks	Baked beans on wholemeal toast	Cheese and tomato quiche, served with vegetable sticks	Warm buttered english muffins