

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	Tuna pasta bake served with sweetcorn	Spaghetti Bolognese with hidden vegetables and a slice of garlic bread	Homemade cheese and broccoli pie served with mashed potato and carrots	Roast Dinner: Roasted chicken, potatoes, a selection of vegetables, Yorkshire pudding	Chicken in barbeque sauce served with rice and peas
Vegetarian	Pasta with hidden vegetables in a creamy cheese sauce	Vegetable Bolognese with a slice of garlic bread		Roast Dinner: Potatoes, mixture of vegetables, Yorkshire puddings and Quorn meat.	Vegetable risotto
Dessert	Flavoured yoghurt and fruit	Discoverer's and Explorers; Warm stewed pears Adventurer's; Artic roll	Homemade sugar free blueberry muffins	carrot cake	Flavoured sorbet
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	Baked beans on wholemeal toast	Sandwiches/Wraps with a variety of fillings, served with vegetable sticks	Warm pancakes served with a variety of fruit	Finger slices of pitta bread with humous and vegetable sticks	Warm buttered English muffins