

	Week 1 Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais
AM Snack	Fresh Fruit & Crackers/crossant	Fresh Fruit & Crackers/crossant	Fresh Fruit & Crackers/crossant	Fresh Fruit & Crackers/crossant	Fresh Fruit & Crackers/crossant
Lunch	The Chicken Curry or the fish Curry with white rice	Large Mussels or Lamb Mousliks with white bread and mixed vegetable salad	Quorn major soup with potatoes and sweetcorn	Fish & Bread Sandwiches	Fish Fingers or Plain Fish Strips with Potato Wedges and Sweet corn
Dessert	Fresh Fruit	Fresh Fruit	Apple Raisin Custard	Fresh Fruit	Fresh Fruit
PM Snack	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks
Tea	Vegetable Cous Cous	Vegetable Soup	BBQ Baked Beans with Dillweed Sauce	Spaghetti or Tomato Sauce	Cheese Sandwiches
PM Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea	Vegetable Fruit Fruit	Vegetable Fruit	BBQ Baked Beans with Dillweed Sauce	Spaghetti or Tomato Sauce	Chief Choice
Week 2					
Breakfast	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais
AM Snack	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers
Lunch	BBQ chicken or BBQ (Quorn pieces) with potatoes and mixed vegetables.	Chickpea and spinach curry with white rice	homemade paper mice with Peas and green beans	California Broccoli & Potato Bake	Fish Fingers or Plain Fish Strips with Potato Wedges or chips and Sweet corn
Dessert	Sponge Cake and custard	Fruit	Fruit	Fruit	Shiraz/Baked Bread
PM Snack	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks
Tea	Butternut Squash Soup	Cheese Sandwiches	Homemade Quiche	Apple Raisin Custard	Fresh Fruit
PM Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea	Butternut Squash Soup	Cheese Sandwiches	Homemade Quiche	Apple Raisin Custard	Fresh Fruit
Week 3					
Breakfast	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais
AM Snack	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers
Lunch	Vegetable Pasta bake	Spaghetti Bolognese & Mixed Vegetable	Sweet Potato Tikka Masala, cream sauce and Rice	Shepherd Pie with Mixed Vegetable	Fish Fingers or Plain Fish Strips with Potato Wedges or chips and Sweet corn
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
PM Snack	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks
Tea	Leek and Potato Soup	Cheese Sandwiches	Vegetable Noodle Stir Fry	Fruit	Fresh Fruit
PM Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea	Leek and Potato Soup	Chief Choice	Vegetable Noodle Stir Fry	Cherry Soup with Bread & Butter	Chief Choice
Week 4					
Breakfast	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais
AM Snack	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers
Lunch	Beef and mushroom stroganoff (or beef and mushroom stroganoff with white rice	Cod potato and spinach curry (or lentil potato and spinach curry with cous cous	Vegetable Creamy Sauce with Bulgur Wheat	Chicken and vegetable pie (or Cheese and vegetable pie) with baked potatoes and sweet corn	Fish Fingers or Plain Fish Strips with Potato Wedges or chips and Sweet corn
Dessert	Fruit	Fruit	Apple Raisin Custard	Fresh Fruit	Fresh Fruit
PM Snack	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks
Tea	Lentil & Herb Soup served with Butter Bread	Fresh Rocky Cakes	Cheese Sandwiches	Vegetable Curry Wrap	Vegetable bulgar wheat
PM Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea	Lentil & Herb Soup served with Butter Bread	Chief Choice	Chief Choice	Vegetable Curry Wrap	vegetable bulgar wheat
Week 5					
Breakfast	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais
AM Snack	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers
Lunch	haddock and salmon pie and runner beans	Roast chicken (or Quorn) with roast potatoes, root vegetables in gravy.	Chickpea and vegetable bhari	Mixed Bean Tagnia with vegetable Couscous	Chicken nuggets with Potato Wedges or chips and Sweet corn
Dessert	Fresh Fruit	Fruit	Fruit	Fruit	Fruit
PM Snack	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks
Tea	Stir Fry Rice	Parang butternut and apple soup with woadseed bread and salad	Tomato & Basil Spaghetti	Cucumber Sandwiches	Selecton of Fruit and Vegetable Sticks
PM Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea	Stir Fry Rice	Parang butternut and apple soup with toast	Tomato Basil Spaghetti	Chief Choice	Spinach Frittata/Pasta
Week 6					
Breakfast	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais
AM Snack	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers
Lunch	vegetable hotpot (or quorn and leek hotpot with broccodi	Beef Lasagne or tomatto and leek lasagne with garlic bread and greens	Chicken nugget with Potato Wedges and Sweet corn & green	Chl Carcans with vegetable	Fish Fingers with Potato Wedges or chips and Sweet corn
Dessert	Fruit	Fruit	Fruit	Cherry Pie & Custard	Fresh Fruit
PM Snack	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks
Tea	Butternut Squash Soup	Savory Quiche	Bacon & Trout	Cheese Sandwiches	Tomato and Cheese Pasta
PM Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea	Butternut Squash Soup	Savory Quiche	Bacon & Trout	Chief Choice	Tomato and Cheese Pasta
Week 7					
Breakfast	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais
AM Snack	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers
Lunch	Thouk Bean & Chickpea Karma with rice	beef ramboli with white sauce	Doughnutia Potatoes with seasonal vegetables	Mix of cheese served with carrots and sweetcorn	Fish Fingers or Plain Fish Strips with Potato Wedges or chips and Sweet corn
Dessert	Fresh Fruit	Fruit	Fruit	Fruit	Fruit
PM Snack	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks
Tea	Vegetable Noodle Soup	Curry Jambie	Chicken sandwiches	Home Made Pizza	Soups
PM Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea	Vegetable Noodle Soup	Chief Choice	Chicken sandwiches	Home Made Pizza	Soups
Week 8					
Breakfast	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais
AM Snack	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers
Lunch	Cottage Pie Served mixed Vegetable	vegetable stir fry noodles	Cauli and herb chicken served with broccodi & cauliflower on a bed of white rice	Morning Star Fish Pie Served with Runner Beans	Chicken Nuggets with Potato Wedges or chips and Sweet corn
Dessert	Fresh Fruit	John Darn served with ice cream or custard	Fresh Fruit	Fresh Fruit	Fruit
PM Snack	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks
Tea	Souffle	Fruit	Apple Raisin Custard	Apple Raisin Custard	Savory Rice
PM Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea	Souffle	Fruit	Apple Raisin Custard	Apple Raisin Custard	Chief Choice
Week 9					
Breakfast	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais	Selecton of Cereal Rice Knapes/Westdale/ cornflake/rais
AM Snack	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers	Fresh Fruit & Crackers
Lunch	Vegetable Jalfri Rice	Chicken and tomato Dorr bake	Herby tomatoe Chk & Pie with potatoes	Tuna and sweet corn pasta bake	Fish Fingers or Plain Fish Strips with Potato Wedges or chips and Sweet corn
Dessert	Fresh Fruit	Bread Sauce	Fruit	Fruit	Fruit
PM Snack	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks	Selecton of Fruit and Vegetable Sticks
Tea	Combridge	Savory Soups	Vegetable Soup	BBQ vegetable soup	Cheese Sandwiches
PM Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea	Chief Choice	Chief Choice	Rice Duddoo	BBQ vegetable soup	Cheese Sandwiches