

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	A selection of delicious cereals and wholemeal toast.	A selection of delicious cereals and wholemeal toast.	A selection of delicious cereals and wholemeal toast.	A selection of delicious cereals and wholemeal toast.	A selection of delicious cereals and wholemeal toast.
<b>Morning snack</b>	Breadsticks and a selection of seasonal fruit.	Wholegrain Rice cakes and a selection of seasonal fruit.	Malt loaf and a selection of seasonal fruit.	Crackers with butter and a selection of seasonal fruit.	Yoghurt covered rice cakes and a selection of seasonal fruit.
<b>Lunch</b>	Roasted vegetable lasagne with Italian potatoes and seasonal vegetables.	Braised beef and vegetable puff pastry pie with buttered new potatoes and seasonal vegetables.	Pork and lentil casserole in a rich gravy with creamy mashed potatoes and a selection of seasonal vegetables.	Creamy chicken casserole with roasted potatoes and seasonal vegetables with a rich gravy.	A choice of crispy battered or poached sustainable fish served with chipped potatoes and baked beans.
<b>Vegetarian option</b>		Quorn and vegetable puff pastry pie with buttered new potatoes and seasonal vegetables.	Vegetable lentil casserole in a vegetable gravy with creamy mashed potatoes and a selection of seasonal vegetables.	Creamy vegetable casserole with roasted potatoes and seasonal vegetables with a vegetable gravy.	
<b>Dessert</b>	Steamed jam roly poly served with a vanilla custard.	Deliciously sticky toffee pudding served with a vanilla custard.	Indulgent chocolate sponge served with a warm chocolate sauce.	Home-made rice pudding with a sprinkle of nutmeg.	Strawberry jam sponge served with vanilla custard.
<b>Afternoon Tea</b>	Ham sandwiches served on wholemeal bread with salad and a selection of seasonal fruit.	Banana's served with wholemeal bread and butter with salad and creamy fromage frais.	Cream cheese and crackers served with salad and a selection of seasonal fruit.	Individual sausage rolls served with wholemeal bread and butter, salad and juicy raisins.	Cheddar cheese wraps served with salad and seasonal fruit.