

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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.
Morning snack	Crackers with butter and a selection of seasonal fruit.	Breadsticks and a selection of seasonal fruit.	Yoghurt covered rice cakes and a selection of seasonal fruit.	Malt loaf and a selection of seasonal fruit.	Wholegrain Rice cakes and a selection of seasonal fruit.
Lunch	Pork and vegetable lattice served with buttered new potatoes and seasonal vegetables.	Chicken and vegetable casserole served with creamy mashed potatoes and seasonal vegetables.	Roasted vegetable cobbler with creamy mashed potatoes and seasonal vegetables served with a vegetable gravy.	Turkey and leek puff pastry pie in a rich gravy served with roasted potatoes and seasonal vegetables.	A choice of crispy battered or poached sustainable fish served with chipped potatoes and seasonal vegetables.
Vegetarian option	Vegetable lattice served with buttered new potatoes and seasonal vegetables.	Quorn and vegetable casserole served with creamy mashed potatoes and seasonal vegetables.		Creamy vegetable puff pastry pie in a vegetable gravy served with roasted potatoes and seasonal vegetables.	
Dessert	Whipped strawberry mousse with shortbread biscuits.	Vanilla and chocolate marbled sponge served with vanilla custard.	Apple and cinnamon strudel served with vanilla custard.	Indulgent triple chocolate brownie served warm with vanilla custard.	Fresh sliced bananas served with hot vanilla custard.
Afternoon Tea	Individual sausage rolls served with wholemeal bread and butter, salad and seasonal fruit.	Pink salmon finger sandwiches served on wholemeal bread with salad and seasonal fruit.	Banana's served with wholemeal bread and butter with salad and creamy fromage frais.	Roasted ham wraps served with salad and seasonal fruit.	Cream cheese and crackers served with salad and a selection of seasonal fruit and raisins.