

<b>Week 4</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>	Yoghurt covered rice cakes and a selection of seasonal fruit.	Crackers with butter and a selection of seasonal fruit.	Breadsticks and a selection of seasonal fruit.	Wholegrain Rice cakes and a selection of seasonal fruit.	Malt loaf and a selection of seasonal fruit.
<b>Lunch</b>	Chicken and vegetable bake in a roast chicken gravy with creamy mashed potatoes and seasonal vegetables.	Neapolitan pork in a rich tomato sauce served with creamy mashed potatoes and seasonal vegetables.	Roasted chicken in a rich gravy served with creamed potatoes and seasonal vegetables.	Home-made beef lasagne served with buttered new potatoes and seasonal vegetables.	Breaded fish fingers served with chipped potatoes and baked beans.
<b>Vegetarian option</b>	Roasted vegetable bake in a vegetable gravy with creamy mashed potatoes and seasonal vegetables.	Mediterranean ratatouille served with creamy mashed potatoes and seasonal vegetables.	Quorn pieces in a vegetable gravy served with creamed potatoes and seasonal vegetables.	Penne pasta in a tomato sauce with buttered new potatoes and seasonal vegetables.	
<b>Dessert</b>	Treacle sponge served with a vanilla custard.	Black cherry pie served with a vanilla custard.	Spiced apple sponge with vanilla custard.	Orange sponge served with vanilla custard.	Apple and cinnamon crumble served with vanilla custard.
<b>Afternoon Tea</b>	Cheddar cheese wraps served with salad followed by creamy fromage frais.	Mini sausages served with wholemeal bread and butter with salad and seasonal fruit.	Cucumber, sweet pepper and cheddar cheese sticks served with pitta bread, Hummus and seasonal fruit.	Tuna sandwiches in a light mayonnaise served on wholemeal bread with salad and a selection of seasonal fruit.	Roasted ham served on buttered wholegrain rice cakes with salad and seasonal fruit.