

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	Tomato pasta served with seasonal vegetables.	Slow cooked beef stew and dumplings served with creamy mashed potatoes and seasonal vegetables.	Chicken and mushroom lasagne served with chipped potatoes and seasonal vegetables.	Apple and sausage tray bake served with buttered new potatoes, seasonal vegetables and gravy.	Crispy battered chicken goujons served with chipped or mashed potatoes and seasonal vegetables.
Vegetarian option		Vegetable stew served with creamy mashed potatoes and seasonal vegetables.	Tomato pasta served with seasonal vegetables.	Apple and Quorn tray bake served with buttered new potatoes, seasonal vegetables and gravy.	
Dessert	Whipped chocolate mousse.	Vanilla and chocolate marbled sponge served with vanilla custard.	Apple and cinnamon strudel served with vanilla custard.	Strawberry cheesecake.	Triple chocolate slice served with vanilla custard.
Afternoon Tea	Banana's served with wholemeal bread and butter with salad and creamy fromage frais.	Cheddar cheese sticks served with wholemeal bread and butter, salad and seasonal fruit.	Roasted ham wraps served with salad and seasonal fruit.	Cream cheese and crackers served with salad and a selection of seasonal fruit and raisins.	Pink salmon finger sandwiches served on wholemeal bread with salad and seasonal fruit.