

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
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| 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 | 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. |
| Lunch | Crunchy garlic chicken with buttered new potatoes and seasonal vegetables. | Roasted Pork with peppers and roast potatoes served with a rich gravy and seasonal vegetables. | Beef bolognese served with penne pasta and seasonal vegetables. | Chicken casserole with creamed potatoes and seasonal vegetables with a rich gravy. | A choice of crispy battered or poached sustainable fish served with chipped or mashed potatoes and seasonal vegetables. |
| Vegetarian option | | Quorn sausages with roasted potatoes served with seasonal vegetables and vegetable gravy. | Tomato penne pasta served with seasonal vegetables. | Quorn casserole with creamed potatoes and seasonal vegetables with a vegetable gravy. | |
| Dessert | Steamed jam roly poly served with a vanilla custard. | Deliciously sticky toffee pudding served with a vanilla custard. | Whipped strawberry mousse with shortbread biscuits. | Home-made rice pudding with a sprinkle of nutmeg. | Spotted dick sponge served with vanilla custard. |
| Afternoon Tea | Mini sausages served with wholemeal bread and butter with salad and a selection of seasonal fruit. | Cheddar cheese wraps served with salad and seasonal fruit. | Sardines in a tomato sauce served with crackers, salad and a selection of seasonal fruit. | Banana's served with wholemeal bread and butter with salad and creamy fromage frais. | Ham sandwiches served on wholemeal bread with salad and a selection of seasonal fruit. |