

| <b>Week 2</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>     | 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.   | Breadsticks and a selection of seasonal fruit.   |
| <b>Lunch</b>             | Bbq chicken with potato croquettes served with seasonal vegetables and rich gravy. | Tomato and chicken pasta served with seasonal vegetables.  | Slow cooked beef casserole served with mashed potatoes and seasonal vegetables.        | Local Pork sausages served with mashed potatoes, seasonal vegetables and rich gravy.                          | Breaded fish fingers served with chipped or mashed potatoes and baked beans and seasonal vegetables. |
| <b>Vegetarian option</b> |  | Tomato pasta served with seasonal vegetables.  | Quorn casserole served with mashed potatoes, seasonal vegetables in a vegetable gravy. | Quorn sausages served with mashed potatoes, seasonal vegetables and vegetable gravy.                          |  |
| <b>Dessert</b>           | Banana bread pudding.  | Double chocolate sponge served with a chocolate sauce.   | Pear and sultana crumble served with vanilla custard.                                  | Fresh banana's served with a vanilla custard.   | Pineapple upside down cake served with vanilla custard.  |
| <b>Afternoon Tea</b>     | Roasted ham wraps served with salad and juicy raisins.                             | Cucumber, sweet pepper and cheddar cheese sticks served with pitta bread, Hummus and seasonal fruit. | Mild cheddar served on buttered wholegrain rice cakes with salad and seasonal fruit.   | Tuna sandwiches in a light mayonnaise served on wholemeal bread with salad and a selection of seasonal fruit. | Individual sausage rolls served with wholemeal bread and butter, salad and creamy fromage frais.     |