

Week 4	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	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.
Lunch	Chicken and vegetable casserole served with creamy mashed potatoes and seasonal vegetables.	Creamy macaroni and cheese served with seasonal vegetables.	Roasted chicken in a rich gravy served with new potatoes, seasonal vegetables.	Home-made beef lasagne served with garlic bread and seasonal vegetables.	A choice of crispy battered or poached sustainable fish served with chipped or mashed potatoes and seasonal vegetables.
Vegetarian option			Vegetarian sausages in a gravy served with new potatoes, seasonal vegetables.	Penne pasta in a tomato sauce with garlic bread and seasonal vegetables.	
Dessert	Treacle sponge served with a vanilla custard.	Black cherry pie served with a vanilla custard.	Eve's pudding served with vanilla custard.	Orange sponge served with vanilla custard.	Bread and butter pudding served with vanilla custard.
Afternoon Tea	Tuna sandwiches in a light mayonnaise served on wholemeal wraps with salad and a selection of seasonal fruit.	Roasted ham served on buttered wholegrain rice cakes with salad and creamy fromage frais.	Individual sausage rolls served with wholemeal bread and butter, salad and seasonal fruit.	Cucumber, sweet pepper and cheddar cheese sticks served with pitta bread, Hummus and seasonal fruit.	Cheddar cheese sandwich on wholemeal bread served with salad and seasonal fruit.