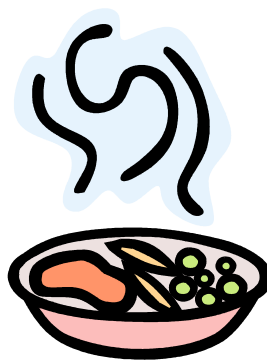


Week One



Monday

Lunch Tuna and sweetcorn or leek and cheese bake with fresh veg

Sweet Lemon butter cream cake or fresh fruit

Tea Tomato soup with crusty bread

Sweet Yogurts

Tuesday

Lunch Beef or lentil hot pot with sliced potato and fresh veg

Sweet Cherry pie with custard or fresh fruit

Tea Egg mayo and cress and cheese sandwiches with tomato

Sweet Fresh fruit

Wednesday

Lunch Macaroni cheese with garlic bread and salad

Sweet Tropical fruit with cream

Tea Beans on toast

Sweet Cupcakes or fresh fruit

Thursday

Lunch Turkey or butterbean chow mein with bean sprouts and rice

Sweet Fromage fraise

Tea Tortillas with cheese and cucumber

Sweet Cookies or fresh fruit

Friday

Lunch Quorn sausages in tomato sauce, cheesy mash and fresh veg

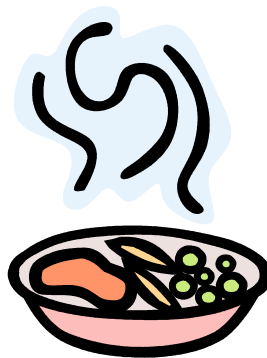
Sweet Carrot cake or fresh fruit

Tea Salmon and cream cheese sandwiches with carrot sticks

Sweet Fresh fruit

All the ingredients used to prepare our daily meals contain low sugar and salt and fresh produce

Week Two



Monday

Lunch Quorn cottage pie, fresh veg and gravy
Sweet Apricot and apple crumble with custard or fresh fruit
Tea chicken and cheese sandwiches with cucumber
Sweet Fresh fruit

Tuesday

Lunch Salmon fish fingers or veg burger, mashed potato, petit pois, cheese sauce
Sweet Peaches and ice cream
Tea Pizza wedges and carrot sticks
Sweet Cakes or fresh fruit

Wednesday

Lunch Lamb and sweet potato or sweet potato and lentil curry with rice
Sweet Pineapple upsidedown cake with cream or fresh fruit
Tea Cheese on toast and raisons
Sweet Fresh fruit

Thursday

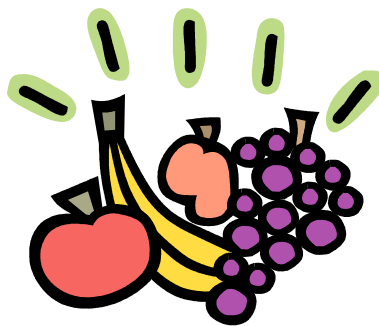
Lunch Chicken or veg pie with new potatoes, cabbage and gravy
Sweet Mandarins with cream
Tea Tuna and cheese sandwiches with tomatoes
Sweet Fromage fraise

Friday

Lunch Butternut squash and cheese penne pasta with garlic bread and sweetcorn
Sweet Yogurts
Tea Beans on toast
Sweet Cookies or fresh fruit

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Week Three



Monday

Lunch Chickpea, red peppers and sweet potato korma with rice and cous
cous

Sweet Yogurts

Tea Salmon and cheese sandwiches with carrot sticks

Sweet Homemade cookies or Fresh fruit

Tuesday

Lunch Lamb or aubergine moussaka with garlic bread and sweetcorn

Sweet Ice cream with pineapple

Tea Beans on toast

Sweet Apples and grapes

Wednesday

Lunch Chicken and veg casserole or courgette provenacle with roast
potatoes and fresh veg

Sweet Fruit salad with cream

Tea Egg mayo and cheese sandwiches with tomatoes

Sweet Cake or fresh fruit

Thursday

Lunch Fisherman's pie or cheese and mushrooms bake with fresh veg

Sweet Chocolate and banana muffins or bananas

Tea Tomato soup with bread

Sweet Fresh fruit

Friday

Lunch Cheese quiche with new potatoes and beans

Sweet Apple and syrup sponge with custard or fresh fruit

Tea Cheese on toast and raisons

Sweet Fromgae fraise

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Week Four



Monday

Lunch Vegetable and cheese puff pastry pie with mashed potato and beans

Sweet Mangoes with cream

Tea Tuna and cheese sandwiches with cucumber

Sweet Cakes or fresh fruit

Tuesday

Lunch Caribbean chicken or Quorn with rice and peas

Sweet Yogurts

Tea Cheese on toast with tomatoes

Sweet Apples and grapes

Wednesday

Lunch Fishcakes or veg burgers, new potatoes, petit pois and parsley sauce

Sweet Strawberry and apple pie with cream or fresh fruit

Tea Beans on toast

Sweet Fromage fraise

Thursday

Lunch Beef or vegetable Bolognese with pasta twists, garlic bread and grated cheese

Sweet Cherry scones or fresh fruit

Tea Chicken and cheese with crusty bread and celery

Sweet Fresh fruit

Friday

Lunch Pork and apple casserole or cauliflower and broccoli cheese with roast potatoes and fresh veg

Sweet Bananas and ice cream

Tea Pizza wedges and carrot sticks

Sweet Chocolate crispies or raisins

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