

What Are We Having This Week?

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Weetabix or <u>Bacon sandwiches</u>	Rice Crispies or <u>toast</u>	Cornflakes or <u>Poached egg & toast</u>	Rice Crispies or <u>Croissant</u>	Cornflakes or <u>Scrambled eggs on toast</u>
Drink	Drink	Drink	Drink	Drink
Milk	Milk	Milk	Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Lentil dahl with rice & <u>peas</u> Berry Clafoutis or fresh fruit <u>with custard</u>	Shepherd's pie with mixed vegetables Summer Fruit Eton mess or fresh fruit	Ham & potato bake <u>with broccoli</u> Apricot crumble squares or fresh fruit <u>with ice cream</u>	Chicken Provencal with rice & <u>green beans</u> Apple tarte tatin or fresh apple <u>with custard</u>	Cod pilaf <u>with spinach</u> Fruit fool or fresh fruit
Snack	Snack	Snack	Snack	Snack
Homemade popcorn	Oatcakes & <u>Bean dip</u>	Breadsticks & <u>cream cheese dip</u>	Rice cakes & <u>homous</u>	Cream crackers & <u>cheese</u>
Tea	Tea	Tea	Tea	Tea
Sardine Sandwiches & <u>tomatoes</u> Seasonal fruit	Roasted summer vegetable soup <u>with broad bean blitzed & bread</u> Sultana tea bread or fresh fruit	Chicken with or without raisins sandwiches with yoghurt dressing Dried fruit	Potato wedges with cream cheese dip Lemon & sultana biscuits or dried fruit	Baked beans on toast Ginger cake or fresh fruit

What Are We Having This Week?

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cornflakes & <u>toast</u>	Weetabix & <u>Bacon muffins</u>	Rice Crispies & <u>Scrambled eggs</u>	Rice Crispies & <u>poached eggs on toast</u>	Cornflakes & <u>Croissants</u>
Drink	Drink	Drink	Drink	Drink
Milk	Milk	Milk	Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Macaroni gratin with tomato side salad Semolina or fresh fruit	Sweet n sour chicken with rice and peas Strawberries & <u>meringue & cream</u> or fresh fruit	Mousaka (no aubergine) with buttered spinach Banana & custard or fresh fruit	Quiche Lorraine with potatoes & side salad Fruit kebabs	Fish Kedgeree <u>with green beans</u> Cherry ginger crunch or fresh fruit
Snack	Snack	Snack	Snack	Snack
Homemade popcorn	Breadsticks & <u>cream cheese</u>	Oat cakes & <u>Bean dip</u>	Cream crackers & <u>cheese</u>	Rice crackers & <u>humous</u>
Tea	Tea	Tea	Tea	Tea
Bagels with cream cheese & carrot sticks Dried fruit	Cheese, onion & tomato muffins with cucumber sticks Jelly or fresh fruit	Tuna & sweet corn & <u>cucumber</u> sandwich Fresh fruit	Vegetable & <u>broad bean blitz</u> soup with bread & butter Flapjacks or fresh fruit	Potato wedges with sweet corn salsa & <u>cream cheese</u> Oaty cherry cookies or fresh fruit

What Are We Having This Week?

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cornflakes <u>or</u> <u>scrambled eggs on toast</u>	Weetabix <u>or</u> <u>boiled eggs</u>	Rice Crispies <u>or</u> <u>toast</u>	Shreddies <u>or</u> <u>bacon sandwiches</u>	Cornflakes <u>or</u> <u>poached eggs on toast</u>
Drink	Drink	Drink	Drink	Drink
Milk	Milk	Milk	Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Homemade bean burger, <u>potato wedges</u> & baked beans Peaches & custard or fresh fruit	Roast chicken, <u>stuffing</u> potatoes & vegetables Apple crumb square or fresh fruit <u>& custard</u>	Beef & onion flatbreads, mashed potato and buttered spinach Rice pudding pots with hot apricot sauce or fresh fruit	Rustic pork & sweet corn pie with peas Berry clafoutis <u>with custard</u> or fresh fruit	Trawler's pie <u>with spring greens</u> Fruity blancmange or fresh fruit
Snack	Snack	Snack	Snack	Snack
Rice cakes <u>& cream cheese</u>	Popcorn	Breadsticks <u>& cream cheese dip</u>	Oat cakes <u>& bean dip</u>	Cream crackers <u>& cheese</u>
Tea	Tea	Tea	Tea	Tea
Tuna toasties with carrot & cucumber sticks Dried fruit	Savoury cheese muffins <u>& courgette sticks</u> Jelly or fresh fruit <u>& cream cheese</u>	Jacket potato wedges with tomato <u>grated</u> salsa <u>& cheese</u> Seasonal fruit	Cheese <u>& cucumber</u> pickle sandwiches Sunshine bars or dried fruit	Red lentil & carrot soup with bread <u>Berry</u> muffins or fresh fruit

What Are We Having This Week?

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cornflakes <u>or poached egg & muffin</u>	Rice Crispies <u>or scrambled eggs & croissant</u>	Weetabix <u>or bacon sandwiches</u>	Rice Crispies <u>or toast</u>	Cornflakes <u>or omelette</u>
Drink	Drink	Drink	Drink	Drink
Milk	Milk	Milk	Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Lamb pilaf <u>with green beans</u> Mixed berry sponge cake or fresh fruit <u>with custard</u>	Beef & mushroom rissoles with potatoes, peas & gravy Peaches (with or without) custard	Homemade chicken nuggets with baked beans and mashed potato Jammy semolina or fresh fruit	Sweet corn fritters, mashed potato and vegetables Banana tarte tartin or banana <u>with banana</u>	Tuna & sweet corn gratin <u>with spring greens</u> Rice pudding with raspberry/strawberry coulis or fresh fruit
Snack	Snack	Snack	Snack	Snack
Cream crackers & <u>cheese</u>	Rice cakes & <u>cream cheese</u>	Popcorn	Breadsticks & <u>cream cheese dip</u>	Oat cakes & <u>jam</u>
Tea	Tea	Tea	Tea	Tea
Jacket potato, cheese & <u>red peppers</u> Dried fruit	Bagels with cream cheese & carrot sticks Fruit & yoghurt	Sweet potato & tomato soup & <u>bread</u> Sticky marmalade tea loaf or fresh fruit	Beans on toast Fruit blancmange or fresh fruit	Make your own muffin pizza Jelly or fresh fruit