

Week 1

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack
Monday	A selection of cereals and fruit	Wholegrain toast with a selection of fresh fruit	Chilli with hidden vegetables and beans served with rice and wholemeal pitta bread strips Dessert Strawberry Yoghurt	Crackers and cheese with apple slices.
Tuesday	A selection of cereals and fruit	Pancakes with a selection of fresh fruit	Sausage casserole served with baby potatoes, peas and sweetcorn Dessert Watermelon slices	Ham sandwiches served with fresh fruit.
Wednesday	A selection of cereals and fruit	Toasted muffins with a selection of fruit	Tomato, tuna and vegetable pasta bake Dessert Pineapple rings	Breadsticks with dip and selection of fresh fruit
Thursday	A selection of cereals and fruit	Toasted Bagels with a selection of fresh fruit	Ham and Cheese pasta served with sweetcorn side Dessert Sugar free Jelly	Selection of rice cakes and fresh fruit
Friday	A selection of cereals and fruit	Hot toasted crumpets with butter & fresh fruit	Traditional chicken dinner serves with root mash and peas Dessert Sugar free custard and fruit.	Wholegrain tortilla wrap with ham and cucumber sticks

Week 2

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack
Monday	A selection of cereals and fruit	Toasted bagels with selection of fruit	Tomato and vegetable pasta with cheese. Dessert Fresh fruit salad	Melba toast with cheese served with a selection of fresh fruit
Tuesday	A selection of cereals and fruit	Hot toasted crumpets with a selection of fresh fruit	Traditional mince and tatties served with vegetables and root mash Dessert Natural yogurt	Ham tortilla wraps served with honey dew melon slices
Wednesday	A selection of cereals and fruit	Wholegrain toast with banana	Homemade lentil and vegetable soup served with toasted pitta slices Dessert Sugar free jelly and mandarins.	Homemade scones with selection of fruit
Thursday	A selection of cereals and fruit	English muffin with selection of fresh fruit	One pot chicken curry with hidden vegetables Dessert Sliced peaches	Pancakes with selection of fresh fruit
Friday	A selection of cereals and fruit	Wholegrain toast, low fat spread and plum slices.	Salmon Fish Cakes, potatoes and baked beans. Dessert Fromage frais	Cheese twists with dip and selection of fruit

Week 3

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack
Monday	A selection of cereals and fruit	Wholegrain toast with selection of fresh fruit .	Spaghetti Bolognaise Dessert Fromage Frais	Homemade scones, low fat spread and grapes
Tuesday	A selection of cereals and fruit	Toasted muffins with fresh pear chunks.	Vegetable Soup with bread Dessert Sliced pears	Filled pitta breads with a selection of fruit
Wednesday	A selection of cereals and fruit	Wholegrain Toast with banana.	Baked Potatoes served with a choice of beans, cheese or Tuna Dessert Ice cream and strawberries	Wholegrain tortilla wrap with ham and cucumber sticks
Thursday	A selection of cereals and fruit	Hot toasted crumpets with butter & fresh fruit	Tomato and Lentil Soup served with wholemeal bread. Dessert Watermelon chunks	Crackers and chees with apple slices.
Friday	A selection of cereals and fruit	Bagel with low fat spread and apple slices	Roast ham, vegetables and sweet Potato wedges Dessert Custard and fruit	Pancakes with raisins.

