**Week 1 and 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
| Snack  http://ts1.mm.bing.net/th?&id=HN.608055279263745799&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | Crackers and cream cheese | Rice cakes and apples | Breadsticks and pears | Grapes and orange segments. | Cheese and cucumber sticks. |
| Lunch  http://ts1.mm.bing.net/th?&id=HN.608010839232548296&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | Sweet and sour chicken and rice. | Rainbow macaroni cheese. | Cowboy casserole. | Fish cakes, potatoes and beans. | Spaghetti bolognaise. |
| Veggie Option  http://images.meredith.com/fitness/images/recipe/ss_R131491.jpg | Quorn chicken and rice with sauce. | Rainbow macaroni cheese. | Quorn sausage casserole. | Quorn chicken/fish cakes, potatoes and beans. | Quorn mince bolognaise and pasta. |
| Pudding  http://ts1.mm.bing.net/th?&id=HN.608002747526678528&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | Yoghurts | Flap jacks | Melon | Rice pudding. | Bananas with Custard |
| Snack  http://ts1.mm.bing.net/th?&id=HN.608001394602346893&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | Banana and apple. | Grapes and orange segments. | Crackers and cheese. | Rice cakes and pears. | Carrot and cucumber sticks. |
| Tea  http://ts1.mm.bing.net/th?&id=HN.608014270900668599&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | Pizza with Carrot sticks | Mini Hot Dogs | Assortment of sandwiches with Cucumber sticks. | Cream of Tomato Soup and bread. | Scrambled egg Wraps |
| Pudding  http://ts1.mm.bing.net/th?&id=HN.608012535744563471&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | Raisins. | Seasonal Fruit. | Raisins. | Seasonal Fruit. | Raisins. |

**Week 2 and 4**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
| Snack  http://img.foodnetwork.com/FOOD/2006/09/12/ig0706_fruit_lg.jpg | Apple and Pear. | Crackers and cream cheese. | Cucumber and carrot sticks. | Grapes and orange segments. | Breadsticks and banana. |
| Lunch  http://ts1.mm.bing.net/th?&id=HN.608034096492314957&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | Jacket potatoes, tuna and sweet corn. | Chicken Korma and rice. | Fish fingers, potatoes and hoops. | Lasagne and green beans. | Sausage, mash and green peas with gravy. |
| Veggie Option  http://ts1.mm.bing.net/th?&id=HN.608044344283956905&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | Jacket potatoes, beans and cheese. | Quorn chicken korma and rice. | Veggie fingers, potatoes and hoops. | Quorn mince lasagne and green beans. | Quorn sausage, mash and peas with gravy. |
| Pudding  http://img.food.com/img/recipes/18/14/79/large/picBFGfAv.jpg | Angle delight | Fromaige Freis | Melon | Banana and custard | Jelly and ice cream. |
| Snack  http://ts1.mm.bing.net/th?&id=HN.608000870616137828&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | Carrot and cucumber sticks. | Rice cakes and raisins. | Grapes and orange segments. | Breadsticks and banana. | Crackers and cream cheese. |
| Tea  http://ts1.mm.bing.net/th?&id=HN.608039194619875036&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | Mini Sausage Rolls with Vegetable  sticks | Bagels with cheese and ham with Cucumber sticks | Scrambled Egg on Toast. | Assortment of Pitta pockets-Sandwiches. | Pizza with Carrot sticks |
| Pudding  http://ts1.mm.bing.net/th?&id=HN.608052775293027338&w=300&h=300&c=0&pid=1.9&rs=0&p=0 | Seasonal fruits. | Raisins | Seasonal fruits | Raisins | Seasonal fruits. |

**Breakfast**

**Choice of Cereal**



**Choice of Fruit**



**Toast**