

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereal White/wholemeal toast, Dairylea Fresh fruit and Natural yoghurt	Selection of cereal White/wholemeal toast, Bananas on toast Fresh fruit and Fromage frais	Selection of cereal White/wholemeal toast, Mixed berries Fresh fruit and Natural yoghurt	Selection of cereal White/wholemeal toast, Dairylea Fresh fruit and Fromage frais	Selection of cereal White/wholemeal toast, Bananas on toast Fresh fruit and Natural yoghurt
<b>Snack</b>	Carrot and cucumber with baby bread stick Milk and Water	Satsuma and banana with oat and wholemeal crackers Milk and Water	Celery and yellow pepper sticks with cream cracker Milk and Water	Red Apple and Kiwi with wholemeal scone Milk and Water	Wholemeal pitta fingers with Dairylea Milk and Water
<b>Lunch</b>	Tagliatelle with white sauce , Cannellini beans, Peppers & Mushroom, with broccoli	Salmon and haddock brown rice, tomato and onion risotto with cabbage <b>Babies</b> – Potato	Beef mince bolognaise, Spaghetti with Cauliflower	Roast Turkey Breast, roast potato and parsnip, carrots, peas Yorkshire pudding	Chicken and vegetable stew with Cous cous
<b>Vegetarian Lunch</b>	Tagliatelle with white sauce , Cannellini beans Peppers & Mushroom, with broccoli	Tofu & brown rice, tomato and onion risotto with cabbage <b>Babies</b> – Potato	Quorn mince bolognaise, Spaghetti with Cauliflower	Roast Quorn fillet, roast potato and parsnip, carrots, peas Yorkshire pudding	Vegetable and lentil stew with Cous cous
<b>Lunch Dessert</b>	Pineapple and custard	Crunchy apricot and pear layer	Banana Flapjack	Rice pudding with Raisins	Fresh fruit salad
<b>Fruit Bowl</b>	Red apples, Satsumas, Pear	Green apples, Clementine's, Banana	Red apples, Satsumas, Pear	Green apples, Clementine's, Banana	Red apples, Satsumas, Pear
<b>Tea</b>	Leek, potato and Butter bean soup with buttered wholemeal toast fingers	Mixed beans, sweetcorn and cheese pasta with cherry tomatoes	Cheese Muffin pizza with tomato and Lentil base with Carrot sticks <b>Babies:</b> Vegetables and lentils	Ham and vegetable stir fry with Noodles	Jacket potato with tuna and sweetcorn <b>Babies:</b> Potato, cheese and tuna
<b>Vegetarian tea</b>	Leek, potato and Butter bean soup with buttered wholemeal toast fingers	Mixed beans, sweetcorn and cheese pasta with cherry tomatoes	Cheese Muffin pizza with tomato and Lentil base with Carrot sticks <b>Babies:</b> Vegetables and lentils	Quorn and vegetable stir fry with Noodles	Jacket potato with cream cheese with mixed bean salad <b>Babies</b> :Potato and cheese and beans
<b>Tea pudding</b>	Chinese Fruit salad	Fresh Fruit platter	Mixed melon Slices	Natural yogurt and Apple puree	Muller Fromage frais petit star yoghurt
<b>Fruit Bowl</b>	Red apples, Satsumas, Pear	Green apples, Clementine's, Banana	Red apples, Satsumas, Pear	Green apples, Clementine's, Banana	Red apples, Satsumas, Pear

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereal White/wholemeal toast, Dairylea Fresh fruit and Natural yoghurt	Selection of cereal White/wholemeal toast, Banana on toast Fresh fruit and Fromage frais	Selection of cereal White/wholemeal toast, Dairylea Fresh fruit and Natural yoghurt	Selection of cereal White/wholemeal toast, Banana on toast Fresh fruit and Fromage frais	Selection of cereal White/wholemeal toast, Dairylea Fresh fruit and Natural yoghurt
<b>Snack</b>	Carrot and green pepper fingers with breadstick Milk and Water	Red apple, cheese cubes and oat and wholemeal biscuit Milk and Water	Wholemeal pitta with Hummus Milk and Water	Orange and Pear slices with oat and wholemeal biscuit Milk and Water	Cucumber and cherry tomato with Cracker Milk and Water
<b>Lunch</b>	Macaroni cheese, Lentils with spinach and carrots	Ham, Chicken & leek sweet potato pie with savoy cabbage	Lamb and Moroccan spices, chick pea with Couscous and cauliflower	Wholemeal pasta and salmon bake with peas and sweetcorn	Chicken tikka masala , brown rice , Okra and naan bread <b>Babies:</b> Sweet potato
<b>Vegetarian Lunch</b>	Macaroni cheese, Lentils with Spinach and carrots	Root vegetable and bean sweet potato pie with savoy cabbage	Aubergine, tomato and chick pea casserole with Couscous and cauliflower	Wholemeal pasta bake, Egg with peas and sweetcorn	Quorn tikka masala , brown rice, Okra and naan bread <b>Babies:</b> Sweet potato
<b>Lunch Dessert</b>	Stewed Apples and pear with cinnamon	Fresh fruit salad	Vegetarian Orange jelly with Mandarins	Fresh fruit sponge flan	Banana's and Custard
<b>Fruit Bowl</b>	Red apples, Pear and Kiwi	Green apples, Clementine's, Banana	Red apples, Pear and Kiwi	Green apples, Clementine's, Banana	Red apples, Pear and Kiwi
<b>Tea</b>	Tex mex burritos(Beef Mince ) with sweetcorn salad <b>Babies:</b> Chicken and potato	Mushroom and butterbean soup with Wholemeal toast triangle	Baked jacket potato with tuna and sweetcorn and cheese <b>Babies:</b> Potato and tuna	Bagels with cheese and ham with cucumber sticks and Houmas <b>Babies:</b> Cheesy vegetables with beans	Ratatouille and Chickpeas with wholemeal Muffins
<b>Vegetarian tea</b>	Quorn Tex mex burritos with sweetcorn salad  Babies : Quorn and Potato	Mushroom and butterbean soup with Wholemeal toast triangle	Baked jacket potato with cheese and bean salad <b>Babies:</b> Potato and vegetables and lentils	Bagels with Cheese with Cucumber stick and Houmas <b>Babies:</b> Cheesy vegetables with beans	Ratatouille and chickpeas with wholemeal Muffins
<b>Tea pudding</b>	Muller Fromage frais petit star yoghurt	Carrot cake muffins	Fresh fruit platter	Fresh Watermelon slices	Natural yoghurt with strawberry puree
<b>Fruit Bowl</b>	Red apples, Pear and Kiwi	Green apples, Clementine's, Banana	Red apples, Pear and Kiwi	Green apples, Clementine's, Banana,	Red apples, Pear and Kiwi

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereal White/wholemeal toast, Banana on toast Fresh fruit and Natural yoghurt	Selection of cereal White/wholemeal toast, Dairylea Fresh fruit and Fromage frais	Selection of cereal White/wholemeal toast, Banana on toast Fresh fruit and Natural yoghurt	Selection of cereal White/wholemeal toast, Dairylea Fresh fruit and Fromage frais	Selection of cereal White/wholemeal toast, Mixed berries Fresh fruit and Natural yoghurt
<b>Snack</b>	Yellow pepper and cherry tomato with crackers Milk and Water	Pineapple and kiwi cuts with oat and wholemeal cracker Milk and Water	Carrot and cucumber with Melba Toast Milk and Water	Honeydew melon with breadstick Milk and Water	Pepper fingers, with Houmas pitta fingers Milk and Water
<b>Lunch</b>	Creamy mash potato , fish fingers with Baked beans	Chicken biryani with brown basmati rice, Aubergine and Spinach	Quorn sausage and onion casserole, mashed sweet potato and butternut squash with green beans	Roast pork , roast potatoes ,minted peas and cauliflower	Mild Beef mince Chilli con carne and wholemeal rice and sliced carrots <b>Babies:</b> Potato
<b>Vegetarian Lunch</b>	Creamy mash potato , Vegetable and lentil fingers with Baked beans	Mixed Bean biryani with brown basmati rice, aubergine and spinach	Quorn sausage and onion casserole, mashed sweet potato and butternut squash with green beans	Quorn roast, roast potatoes ,minted peas and cauliflower	Mild Quorn Chilli con carne and wholemeal rice and sliced carrots <b>Babies:</b> Potato
<b>Lunch Dessert</b>	Mango Fool	Stewed apple and raisins	Semolina with dates	Winter fruity charlotte	Pear oats parkin With custard
<b>Fruit Bowl</b>	Red apples, Satsumas and Kiwi	Green apples, Clementine's and Banana	Red apples, Satsumas and Banana	Green apples, Clementine's and Kiwi	Red apples, Satsumas and Banana
<b>Tea</b>	Tomato and chickpeas pasta with cheese topping with cucumber sticks	Wholemeal/ White Sardine sandwiches(Mayo) with cherry tomato salad <b>Babies:</b> Potato and fish	Ham and cheese Pitta pizza, tomato and lentil base <b>Babies:</b> Potato, lentils and Veg	Lentil and pumpkin soup with buttered wholemeal bread triangles	Spanish Omelette and salad <b>Babies:</b> Sweet potato and vegetables
<b>Vegetarian tea</b>	Tomato and Chickpeas pasta with cheese topping with cucumber sticks	Wholemeal/ White Egg sandwiches(Mayo) with cherry tomato salad <b>Babies:</b> Vegetable, lentils and potato	Cheese Pitta pizza, tomato and lentil base <b>Babies:</b> Cheese, potato and beans	Lentil and pumpkin soup with buttered wholemeal bread triangles	Spanish Omelette and salad <b>Babies:</b> Sweet potato, vegetables and butterbeans
<b>Tea pudding</b>	Peach and Pear Halves	Muller Fromage frais petit star yoghurt	Fresh fruit platter	Natural yoghurt with pear puree	Citrus fruit salad
<b>Fruit Bowl</b>	Red apples, Satsumas and Kiwi	Green apples, Clementine's and Banana	Red apples, Satsumas and Banana	Green apples, Clementine's and Kiwi	Red apples, Satsumas and Banana

<b>Week Four</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Selection of cereal White/wholemeal toast, Dairylea Fresh fruit and Natural yoghurt	Selection of cereal White/wholemeal toast, Banana on toast Fresh fruit and Fromage frais	Selection of cereal White/wholemeal toast, Dairylea Fresh fruit and Natural yoghurt	Selection of cereal White/wholemeal toast, Banana on toast Fresh fruit and Fromage frais	Selection of cereal White/wholemeal toast, Dairylea Fresh fruit and Natural yoghurt
<b>Snack</b>	Pomegranate and Banana with oat and wholemeal cracker Milk and Water	Green pepper, cherry tomato and cream crackers Milk and Water	Pear and orange slices and Melba toast Milk and Water	Wholemeal pitta bread with Dairylea and cucumber Milk and Water	Green apple and kiwi fruit pieces and wholemeal scone Milk and Water
<b>Lunch</b>	Braised Quorn mince stew , with cannoli beans, sweet potato and Swede mash with Savoy cabbage	Roast chicken breast, roast potato, Yorkshire pudding, leeks and carrot	Lambs liver and bacon casserole, mashed potato, cauliflower, and cabbage	Breaded lemon pork and noodle chow Mein, sliced peppers baby corn, and bean sprouts, green beans	Coconut fish( COD) curry with brown rice and tomato salad <b>Babies:</b> Cous Cous
<b>Vegetarian Lunch</b>	Braised Quorn stew, sweet potato and Swede mash with Savoy cabbage	Roast Quorn fillet, roast potato and Yorkshire pudding, leeks and carrot	Butter bean, red lentil and root vegetable casserole, mashed potato, cauliflower, and cabbage	Mixed bean and noodle chow Mein, sliced peppers baby corn, and bean sprouts, green beans	Coconut Tofu curry with brown rice and tomato salad <b>Babies:</b> Cous Cous
<b>Lunch Dessert</b>	Apple and carrot wholemeal muffins	Fresh fruit salad	Berry crumble and custard	Rice pudding with fruit compote	Mixed baked fruit
<b>Fruit bowl</b>	Green apples, Mandarin's and Kiwi	Red apples, Banana and Pear	Green apples, Mandarin's and Kiwi	Red apples, Banana and Pear	Green apples, Mandarin's and Kiwi
<b>Tea</b>	Sardines and vegetable Couscous	Sausage in roll with coleslaw and tomato wedges	Cheese, chickpeas and pepper wholemeal pasta bake with cucumber sticks	Parsnip and lentil soup with Panini bread	Baked jacket potato, with grated cheese and chopped gammon ham <b>Babies:</b> Potato, cheese and ham
<b>Vegetarian tea</b>	Quorn and vegetable Couscous	Vegetarian Sausage in a wholemeal roll with coleslaw and tomato wedges	Cheese and pepper pasta slice with diced tomato , cucumber and Houmas	Parsnip and lentil soup with Panini bread	Baked jacket potato, with grated cheese and egg <b>Babies:</b> Potato, cheese and beans
<b>Tea pudding</b>	Natural yoghurt and Blueberries puree	Passionfruit fool	Watermelon slices	Fresh fruit platter	Crunchy apricot and pear layer
<b>Fruit bowl</b>	Green apples, Mandarin's and Kiwi	Red apples, Banana and Pear	Green apples, Mandarin's and Kiwi	Red apples, Banana and Pear	Green apples, Mandarin's and Kiwi

