

| Week 1           | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|------------------|---|--|--|--|--|
| Breakfast        | Choice of Weetabix, rice snaps or cornflakes with fresh juice   |  |  |  |  |
| Snack            | Fresh fruit   | Toasted bagel with spread  | Fresh fruit  | Toasted teacake with spread  | Fresh fruit  |
| Lunch            | Chicken and brown rice with green beans and sweet corn with cream of mushroom sauce<br><br>Banana delight | Pork sausages, mash and Yorkshire puddings with savoy cabbage, broccoli and gravy<br><br>Fresh fruit | Mince beef in gravy with sage and onion dumplings, served with broad beans and cauliflower<br><br>Cheesecake with raspberry coulis | Cheese and onion potato pie served with peas and carrots<br><br>Fresh fruit  | Spaghetti carbonara served with garlic bread<br><br>Fruit Jelly                  |
| Meat Free Option | Meat free chicken style bites   | Meat free sausage  | Meat free mince  |  | Meat free pasta  |
| Tea              | Baked potato wedges served with beans and cheese<br><br>Oat biscuits                                      | Selection of sandwiches (ham and cheese, egg mayo)<br><br>Beetroot chocolate cake and cocoa custard  | Tuna pasta bake in tomato sauce<br><br>Chocolate orange brownie  | Homemade turkey burgers served with vegetable sticks and tomato sauce<br><br>Raspberry and white chocolate muffins | Cream of tomato soup served with soft bread roll<br><br>Apple and cinnamon swirl |
| Meat free Option |   | No ham   | No tuna  | Meat free burger pattie  |  |
| PM Snack         | Crackers and soft cheese  | Breadsticks and dip  | Vegetable sticks with yoghurt  | Rice cakes   | Water crackers with spread   |

\*Meat free products and brands approved by the vegetarian society \*\* Weaning option available upon request

| Week 2            | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|-------------------|---|--|---|--|---|
| Breakfast         | Choice of Weetabix, rice snaps or cornflakes, fresh juice available                         |  |   |  |   |
| Snack             | Toasted muffin with spread  | Fresh fruit  | Toasted teacake with spread   | Fresh fruit  | Toast with spread   |
| Lunch             | Pork meatballs in tomato sauce served with pasta shapes and garlic bread<br><br>Fresh fruit | Cottage Pie served with broccoli and cauliflower<br><br>Chocolate chip cookies | Chicken Tikka served with brown rice<br><br>Strawberry mousse                 | Turkey and leek Pie served with kale and boiled potatoes<br><br>Flapjack | Vegetarian sausage<br>Cowboy bake<br><br>Fresh fruit                            |
| Meat Free option* | Meat free bites   | Meat free mince substitute   | Meat free chicken style bites   | Meat free substitute   |   |
| Tea               | Homemade fish fingers with peas and homemade tartare sauce<br><br>Viennese butter whirl     | Pork sausage in a bun, with tomato sauce<br><br>Natural yoghurt                | Chunky vegetables pasta salad served with crusty baguette,<br><br>Fresh fruit | Baked beans and cheese on toast<br><br>Black forest Trifle               | Winter vegetables and ham broth served with soft roll<br><br>Sticky ginger cake |
| Meat free option* | Meat free substitute  | Meat free style sausage  |   |  | Meat free   |
| Snack             | Breadsticks and dip   | Vegetables sticks and yoghurt  | Cheese scones   | Rice cakes   | Crackers and soft cheese  |

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| Week 3            | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|-------------------|--|---|---|--|---|
| Breakfast         | Choice of Weetabix, rice snaps or cornflakes, fresh juice available                      |   |   |  |   |
| Snack             | Toasted bagel with spread  | Fresh fruit   | Toast with spread   | Fresh fruit  | Toasted muffin with spread  |
| Lunch             | Chilli Con Carne with rice<br><br>Chocolate Mousse                                       | Gammon served with mash potato, yorkshire pudding, broccoli and carrots<br><br>Mango fruit fool | Turkey supreme served with couscous<br><br>Scotch pancakes served with raisins and toffee sauce | Lasagne and garlic bread<br><br>Ice cream and wafers                   | Tomato and vegetables fish stew served with homemade chips and peas<br><br>Lemon drizzle cake and custard |
| Meat Free option* | Meat free mince  | Meat free substitute  |   | Meat free substitute   | Meat free substitute  |
| Tea               | Chicken Fajita pitta pockets served with crunchy salad and sour cream<br><br>Fresh fruit | Selection of Paninis ( Tuna, ham and pepperoni with cheese)<br><br>Victoria sponge cake         | Vegetable soup with crusty baguette<br><br>Fresh fruit  | Homemade sausage rolls and baked beans<br><br>Jam and custard biscuits | Homemade pizzas with a selection of fillings<br><br>Fresh fruit   |
| Meat free option* | Meat free chicken style bites  | Meat free   |   | Meat free sausage  | Meat free substitute  |
| Snack             | Water crackers and spread  | Rice cakes  | Cheese Twists   | Breadsticks and dip  | Crackers and soft cheese  |

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