

# WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpet with Non-Dairy Spread and Cup of Whole Milk				
<b>MORNING SNACK</b>	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
<b>LUNCH - VEGETARIAN OPTIONS ALSO AVAILABLE</b>	Cauliflower and Broccoli Pasta Bake served with Seasonal Salad	Chicken Curry served with Couscous	Salmon and Pea Risotto served with Broccoli	Surbiyaan Lamb served with New Potatoes and Spinach	Cod Goujons served with Mashed Potato, Peas and Carrots
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
<b>AFTERNOON SNACK</b>	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
<b>TEA - VEGETARIAN OPTIONS ALSO AVAILABLE</b>	Kumara Chickpea Patties served with a Boiled Egg	Tuna Fish Cakes served with Seasonal Salad	Warm Feta, Lentil and Couscous Salad served with Cucumber, Pepper and Tomatoes	Parsnip, Butterbean and Apple Soup served with Wholemeal Bread	Omelette Popovers served with Mixed Peppers and Carrots
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

# WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpet with Non-Dairy Spread and Cup of Whole Milk				
<b>MORNING SNACK</b>	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
<b>LUNCH - VEGETARIAN OPTIONS ALSO AVAILABLE</b>	Lentil, Potato and Spinach Curry served with Naan Bread	Fish Pie served with Runner Beans	Fish and Vegetable Curry served with Couscous	Roast Chicken served with Potatoes and Seasonal Vegetables	Hungarian Beef Goulash served with Rice
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
<b>AFTERNOON SNACK</b>	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
<b>TEA - VEGETARIAN OPTIONS ALSO AVAILABLE</b>	Wholemeal Pitta Ham and Pepper Pizza served with Seasonal Salad	Mexican Bean and Cheese Wrap served with Vegetable Sticks	Falafels served with Seasonal Salad	Roast Vegetable and Red Lentil Pasta served with Seasonal Salad	Homemade Cheese Flatbread with Mushroom and Tomato with a Boiled Egg
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

# WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpet with Non-Dairy Spread and Cup of Whole Milk				
<b>MORNING SNACK</b>	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
<b>LUNCH - VEGETARIAN OPTIONS ALSO AVAILABLE</b>	Lamb Moussaka served with Carrots	White Fish served with Ratatouille and Sweet Potato	Vegetable Lasagne served with Seasonal Salad	Roast Chicken served with Root Vegetables	Vegetable Red Lentil Dansak and Rice
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
<b>AFTERNOON SNACK</b>	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
<b>TEA - VEGETARIAN OPTIONS ALSO AVAILABLE</b>	Tortilla Wrap with Ham, Cheese and Seasonal Salad	Jacket Potato, Baked Beans and Tomatoes	Kamara Chickpea Patties served with a Boiled Egg	Fish and Pea Cakes served with Seasonal Salad	Tomato Pasta and Cannellini Bean Primavera
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

# WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpet with Non-Dairy Spread and Cup of Whole Milk				
<b>MORNING SNACK</b>	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
<b>LUNCH - VEGETARIAN OPTIONS ALSO AVAILABLE</b>	Roast Salmon served with Stir Fried Bean Sprouts and Vegetables	Beef Lasagne served with Garlic Bread and Peas	Jamaican Fish Curry served with New Potatoes and Spinach	Chickpea and Vegetable Biryani served with Cauliflower	Veggie Meatballs served with Spaghetti and a side of Broccoli
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
<b>AFTERNOON SNACK</b>	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
<b>TEA - VEGETARIAN OPTIONS ALSO AVAILABLE</b>	Mixed Bean Chilli served with Jacket Potato	Couscous and Chickpea Salad	Homemade Ham or Cheese Flatbread served with Seasonal Salad	Tomato, Butter Bean and Pepper Pasta Salad	Rainbow Rice Salad with Tuna
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				