

Week One	Breakfast	Mid Am Snack	Lunch	Mid Pm Snack	Tea
Monday	Weetabix Or Rice Krispies Yoghurts With milk or fruit juice	Orange segments & grapes	Cod Fish Fingers with Cheesy Potato Bake & Vegetables  Peaches & Custard*	Crisp bread with cream cheese	# Homemade vegetable chilli with nachos  Frubes
Tuesday	Malt wheats Or Ricles Crumpets With milk or fruit juice	# Pitta chips & humus	Mixed Pizza served with potato wedges & sweetcorn  Yogurt *	Watermelon	Savoury rice with ham  # Jelly & fruit
Wednesday	Hooplas Or Ready Brek White/Brown toast With milk or fruit juice	Multi-grain crackers with ham	Cottage Pie & Broccoli  Angel Delight with banana *	Cucumber sticks & Tomato with cheese dip	Cheese & Tomato on a choice of white or brown toast #Homemade oat biscuits
Thursday	Shredded Wheat Or Rice Krispies Multigrain Dried Fruit With milk or fruit juice	Yoghurt with pineapple	Chicken, butternut & lentil curry served with brown rice  Fruit Muffins *	Bread sticks with Red pepper Hummus	Jacket Potato with tuna, sweetcorn &/or cheese  Selection of fruit
Friday	Fruit & Yoghurt Or Cornflakes Croissants With milk or fruit juice	Dried mixed fruit	Roast Beef with Yorkshire pudding, potatoes & vegetables  Pear Sponge*	Frubes	Pasta Bake  Angel Delight

\*All puddings will be served with a selection of fruit

# To be made by Karen D/Naz

WB 05/11/18, 03/12/18, 31/12/18, 28/01/19, 25/02/19, 25/03/19

Week Two	Breakfast	Mid Am Snack	Lunch	Mid Pm Snack	Tea
Monday	Ready Brek or Ricles Dried fruit With milk or fruit juice	Raisins & babybel	Vegetarian Lasagne with garlic bread  Fruit Crumble & Ice cream *	Naan strips & caramelised onion humus	Mini pizza served with salad # or staff and children to make  Yoghurts
Tuesday	Shredded Wheat or Hooplas Waffles With milk or fruit juice	Dutch crisp bread with tomato	Jacket Potato with Chilli con carne  Stewed Fruit with custard *	Banana & plum	A choice of white or brown sandwiches with a variety of fillings  Angel delight
Wednesday	Cornflakes or Weetos Pancakes With milk or fruit juice	Mango & orange segments	Ham & sweetcorn pasta served with wholemeal crusty bread  Yoghurt *	Cheese & crackers	Cheese & ham crumpets & croissants  Raisin Flapjack
Thursday	Malt Wheats or Rice Krispies Fruit selection With milk or fruit juice	Apple & pear	Fishermans Pie & Vegetables  Jam roly poly & custard	# Homemade cheese twists	Spaghetti on a choice of white or brown toast  Selection of fruit
Friday	Breakfast muffins or Weetabix White/brown toast With milk or fruit juice	Meat platter with bread soldiers	Sweet & sour chicken with rice  Lemon cake *	Mixed fruit kebab	# Vegetable bolognaise  Berry jelly

\*All puddings will be served with a selection of fruit

# To be made by Karen D/Naz

WB 12/11/18, 10/12/18, 07/01/19, 04/02/19, 04/03/19, 01/04/19

Week Three	Breakfast	Mid Am Snack	Lunch	Mid Pm Snack	Tea
Monday	Cornflakes Or Malt Wheats Fruit selection With milk or fruit juice	Ryvita with cream cheese	Chicken casserole with rice  Yoghurt *	Carrot & pepper sticks with Dip	A choice of white or brown sandwiches filled with ham, cheese or tuna Fruit & ice cream sundae
Tuesday	Ready Brek Or Rice Krispies multigrain White/brown toast With milk or fruit juice	Melon segments	Steak pie with wholemeal pastry, boiled potatoes & vegetables  Seasonal fruit salad *	Frubes	Pasta bake  # Banana & apple cake
Wednesday	Shredded Wheat Or Ricles Crumpets With milk or fruit juice	Cheese & pineapple	Roast Pork with vegetables & roast potatoes  Apple crumble with oats *	# Cheese sticks	Savoury rice with chicken  Selection of fruit
Thursday	Weetabix Or Hooplas Croissants With milk or fruit juice	Dried fruit	Beef lasagne served with freshly baked wholemeal bread Upside down fruit sponge & custard *	Toast soldiers	Sausage roll with beans  Yoghurt
Friday	Rice Krispies Or Fruit & Yoghurt Yoghurt With milk or fruit juice	Bagels with a choice of fillings	Haddock fillet served with broccoli & cauliflower cheese with sauté potatoes  Angel delight *	Kiwi & Raisins	Scrambled egg on a choice of white or brown toast  # Fruit muffins

\*All puddings will be served with a selection of fruit

# To be made by Karen D/Naz

WB 19/11/18, 17/12/18, 14/01/19, 11/02/19, 11/03/19, 08/04/19

Week Four	Breakfast	Mid Am Snack	Lunch	Mid Pm Snack	Tea
Monday	Rice Krispies Multigrain Or Ready Brek Waffles With milk or fruit juice	Fruit bowl	Italian style meatballs in tomato sauce & spaghetti  Seasonal fruit salad *	Selection of meats with bread soldiers	Jacket potatoes with cheese & salad  Pancakes topped with banana
Tuesday	Weetabix Or Hooplas Yoghurt With milk or fruit juice	Peach & raisins	Chicken & roasted pepper tart served with cous cous & vegetables  Syrup Sponge & Custard *	Carrot & hummous	Beans on a choice of white or brown toast  Selection of fruit
Wednesday	Malt Wheats Or Rice Krispies Pancakes With milk or fruit juice	Dried Apricots with plums	Catch of the day with sauté potatoes and vegetables  Carrot cake *	Plain rice cakes with chicken	# Ham & sweetcorn puff pastry tart with carrot & pepper sticks  Yoghurt
Thursday	Frosted Wheats Or Cornflakes White/brown toast With milk or fruit juice	Bread sticks with cheese & chive dip	Roast turkey, vegetables & herb potatoes  Fruit cobbler *	Banana with Satsuma segments	Cheese & crackers with vegetable sticks  Peaches with ice cream
Friday	Shredded Wheat Or Ricles Fruit selection With milk or fruit juice	Cheese & crackers	Sausages with mash potato, vegetables & gravy  Yoghurt *	Veg crisps	A choice of white or brown toasted sandwiches with cucumber & carrot sticks with humus # Fruit Loaf

\*All puddings will be served with a selection of fruit

# To be made by Karen D/Naz

WB 26/11/18, 24/12/18 (Closed for Xmas), 21/01/19, 18/02/19, 18/03/19, 15/04/19