|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Breakfast** | **Mid-Morning Snack** | **Lunch** | **Afternoon Snack** | **Tea** |
| **Monday** | Weetabix wholemeal toast Banana  | Oat CakesPlums  | Homemade Vegetable Pizza Peas with Sweetcorn and potatoes Mixed saladfromage Frais  | Avocado meat/fish ballsBell Peppers | Homemade lamb burgersWholemeal bapsCarrot and cucumber sticks with melon  AlternativeHomemade vegetable burgers |
| **Tuesday** | Weetabix bread and cheese Apple  | Cream CrackersGrapes  | Wholemeal Spaghetti, Lamb mince Bolognaise with salad Banana Custard/fruits AlternativeSpaghetti in tomato sauce with veg  | Tomato & cucumber | Houmous, pitta bread, carrot and cucumber sticks Fromage Frais Blueberries with banana  |
| **Wednesday**  | Shredded wheat ToastBananas | Fruit Bread Pears  | Salmon/seabass with savoury vegetable rice, peas, sweetcorn Homemade apple cake and custard/fruits AlternativeLentils and veg stew  | Mangetout Beetroot  | Scrambled egg, plantain, sugar snap peas Banana AlternativeTuna Sandwiches  |
| **Thursday**  | Boiled eggs with breadBlue berries  | Rice Cakes  Banana  | Chicken and mushroom pie with potatoes, carrots and courgettes Fresh fruits AlternativeSweet potato vegetable pie  | Cucumber Cherry Tomato  | Vegetable burgers, bagels with melon, apples and tomato wedges |
| **Friday**  | Porridge & toast Grapes  | Buttered BagelsApples  | Baked Cod/Vegetable stew Vegetable couscous with Tomato saucefromage Frais/berries  | Avocado Bell peppers  | Assorted sandwiches, tuna, cheese with corn on the cob Banana |

**We use white and brown wholemeal pasta and brown wholemeal bread – menus are subject to change when necessary – milk and water is available for children to drink at all times**