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| **Week 1** | **Breakfast** | **Mid-Morning Snack** | **Lunch** | **Afternoon Snack** | **Tea** |
| **Monday** | Weetabix wholemeal toast  Banana | Oat Cakes  Plums | Homemade Vegetable Pizza  Peas with Sweetcorn and potatoes  Mixed salad  fromage Frais | Avocado meat/fish balls  Bell Peppers | Homemade lamb burgers  Wholemeal baps  Carrot and cucumber sticks with melon  Alternative  Homemade vegetable burgers |
| **Tuesday** | Weetabix bread and cheese  Apple | Cream Crackers  Grapes | Wholemeal Spaghetti, Lamb mince Bolognaise  with salad  Banana Custard/fruits  Alternative  Spaghetti in tomato sauce with veg | Tomato & cucumber | Houmous, pitta bread, carrot and cucumber sticks  Fromage Frais  Blueberries with banana |
| **Wednesday** | Shredded wheat Toast  Bananas | Fruit Bread  Pears | Salmon/seabass with savoury vegetable rice, peas, sweetcorn  Homemade apple cake and custard/fruits  Alternative  Lentils and veg stew | Mangetout  Beetroot | Scrambled egg, plantain, sugar snap peas  Banana  Alternative  Tuna Sandwiches |
| **Thursday** | Boiled eggs with bread  Blue berries | Rice Cakes  Banana | Chicken and mushroom pie with potatoes, carrots and courgettes  Fresh fruits  Alternative  Sweet potato vegetable pie | Cucumber  Cherry Tomato | Vegetable burgers, bagels with melon, apples and tomato wedges |
| **Friday** | Porridge & toast  Grapes | Buttered Bagels  Apples | Baked Cod/Vegetable stew Vegetable couscous with  Tomato sauce  fromage 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**