

WEEK 1:
DINNERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Casserole & herby dumplings with noisette potatoes and carrots	Chicken korma, boiled rice, peas and carrots.	Homemade sausage pie with mashed potato, broccoli and gravy.	Spaghetti Bolognese and garlic bread.	Fishcake with smiley faces and mushy peas.
Chocolate sponge and chocolate custard.	Ice-cream.	Tinned fruit cocktail.	Strawberry angel delight.	Fruit yoghurt.

SNACK AM

(Snacks will always include a choice of fresh fruit and a savoury item such as rice cakes, biscuits and bread sticks)

SNACK PM

(Snacks will always include a choice of fresh fruit and a savoury item such as rice cakes, biscuits and bread sticks)

TEAS

Cheese spread sandwiches. Crisps. Cucumber sticks.	Hot Dog sausages. Carrot sticks. Cucumber. Bread sticks. Savoury biscuits.	Ham sandwiches. Cucumber sticks. Crisps.	Crackers and spread. Cheese chunks. Grapes/raisins.	Jam sandwiches. Crisps. Cucumber sticks.
Fruit and yoghurt.	Fruit scone.	Yoghurt.	Jelly.	Fruit and yoghurt.

TOTAL FRUIT & VEG PORTIONS

5	5	5	5	5
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WEEK 2:
DINNERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Roast chicken, sage & onion stuffing, roast potatoes, cauliflower & gravy.	Beef lasagne, potato wedges and side salad.	Chicken casserole, new potatoes and green beans.	Shepherds pie, peas, sweetcorn and gravy.	Chicken nuggets, noisette potatoes and baked beans.
Bananas and custard.	Butterscotch angel delight.	Apple pie and cream.	Fruit and jelly.	Chocolate cake.

SNACK AM

(Snacks will always include a choice of fresh fruit and a savoury item such as rice cakes, biscuits and bread sticks)

SNACK PM

(Snacks will always include a choice of fresh fruit and a savoury item such as rice cakes, biscuits and bread sticks)

TEAS

Cheese spread sandwiches. Crisps. Cucumber sticks.	Hot Dog sausages. Carrot sticks. Cucumber. Bread sticks. Savoury biscuits.	Ham sandwiches. Cucumber sticks. Crisps.	Crackers and spread. Cheese chunks. Grapes/raisins.	Jam sandwiches. Crisps. Cucumber sticks.
Fruit and yoghurt.	Fruit scone.	Yoghurt.	Jelly.	Fruit and yoghurt.

TOTAL FRUIT & VEG PORTIONS

5	5	5	5	5
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WEEK 3:
DINNERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet and sour chicken with boiled rice and sweetcorn.	Lincolnshire sausages with Yorkshire pudding, mashed potatoes, broccoli and gravy.	Mild chilli con carne with jacket potato and carrots.	Pasta Bolognese and salad.	Beefburger in a bun with chipped potatoes and baked beans.
Tinned peaches and cream.	Apple crumble and custard.	Yoghurts.	Jam sponge and custard.	Arctic roll.

SNACK AM

(Snacks will always include a choice of fresh fruit and a savoury item such as rice cakes, biscuits and bread sticks)

SNACK PM

(Snacks will always include a choice of fresh fruit and a savoury item such as rice cakes, biscuits and bread sticks)

TEAS

Cheese spread sandwiches. Crisps. Cucumber sticks.	Hot Dog sausages. Carrot sticks. Cucumber. Bread sticks. Savoury biscuits.	Ham sandwiches. Cucumber sticks. Crisps.	Crackers and spread. Cheese chunks. Grapes/raisins.	Jam sandwiches. Crisps. Cucumber sticks.
Fruit and yoghurt.	Fruit scone.	Yoghurt.	Jelly.	Fruit and yoghurt.

TOTAL FRUIT & VEG PORTIONS

5	5	5	5	5
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**WEEK 4:
DINNERS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork loin mini steaks with sage and onion stuffing, roast potatoes, carrots and gravy.	Spaghetti Bolognese with sweetcorn and crusty bread.	Homemade chicken pie with mashed potato, broccoli and gravy.	Savoury mince and Yorkshire pudding with new potatoes and cauliflower.	Lincolnshire sausages, potato wedges and spaghetti.
Lemon curd sponge and custard.	Semolina pudding.	Jelly and ice-cream.	Fruit cheesecake.	Donuts.

SNACK AM

(Snacks will always include a choice of fresh fruit and a savoury item such as rice cakes, biscuits and bread sticks)

SNACK PM

(Snacks will always include a choice of fresh fruit and a savoury item such as rice cakes, biscuits and bread sticks)

TEAS

Cheese spread sandwiches. Crisps. Cucumber sticks.	Hot Dog sausages. Carrot sticks. Cucumber. Bread sticks. Savoury biscuits.	Ham sandwiches. Cucumber sticks. Crisps.	Crackers and spread. Cheese chunks. Grapes/raisins.	Jam sandwiches. Crisps. Cucumber sticks.
Fruit and yoghurt.	Fruit scone.	Yoghurt.	Jelly.	Fruit and yoghurt.

TOTAL FRUIT & VEG PORTIONS

5	5	5	5	5
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