

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Selection of cereals & toast with low fat spreads. Fresh fruit available	Selection of cereals Bagels with low fat spread	Selection of cereals Toast with Low fat spreads	Selection of cereals & toast with low fat spreads. Fresh berries	Selection of cereals & toast with low fat spreads. Fresh Fruit.
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Lasagne served with side salad. & Garlic bread Vegan lasagne served with side salad.	Chicken Curry served with rice and vegetables Vegetable curry served with rice and vegetables	Jacket potato Served with tuna & sweetcorn or cheese & beans	Spaghetti bolognese Cooked served with mixed vegetables. Vegan mince spaghetti.	Macaroni cheese served with Courgette and sweetcorn Vegan mac and cheese.
Dessert	Fruit salad	Sugar free jelly with added fruits.	Peaches and cream Peaches and alternative	Mixed fruits.	Yoghurt pots Vegan yoghurt.
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Selection of sandwiches	Fish fingers and beans	Vegetable stir fry with fresh noodles	Soup served with bread and carrot sticks	Crumpets.
AM Snack	Mixed fruits with water or milk	Rich tea biscuits with water/milk	Mixed fruits with water or milk	Rice cakes with water or milk	Houmous with peppers and cucumber
PM Snack	Crackers with sunflower spread	Peppers & cucumbers	Rice cakes	Pineapple & Melon	Fresh Mango

Summer menu- Week 4