

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	Chicken Korma served with pilau rice and steamed vegetables Vegetable curry served with pilau rice and steamed vegetables	Fish Pie- served with green beans Vegetable/Lentil pie	Tuna & Sweetcorn pasta bake served with salad & Garlic bread Vegetable pasta bake served with salad and Garlic bread	Sausages and fresh mashed potato served with green peas Linda McCartney vegetarian sausages	Butternut Squash & chickpea tagine
Dessert	Fruit salad	Sugar free jelly with added fruits.	Peaches and cream Peaches and alternative	Apple crumble and ice cream	Yoghurt pots Vegan yoghurt.
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Selection of sandwiches	Vegetable stir fry with fresh noodles	Fish fingers and beans	Soup served with bread and carrot sticks	Pitta Pizzas, topped with cheese and sweetcorn Vegan cheese pizzas.
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 3