

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	Salmon in white sauce topped with new potatoes Vegan fillets served with new potatoes	Lamb lasagne served with a side of mixed salad Vegan lasagne served with mixed salad.	Pork sausages served with fresh mash potato and peas with gravy Vegetarian sausages served with fresh mas potato, peas with gravy	Mushroom carbonara served with fresh vegetables Vegan carbonara served with fresh vegetables	Jacket potato served with tuna or cheese and beans Jacket potato served with beans & vegan cheese.
Dessert	Fruit salad	Sugar free jelly with added fruits.	Peaches and cream Peaches and alternative	Vegan sponge cake served with custard	Yoghurt pots Vegan yoghurt.
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Cheese and cucumber sandwiches Vegan cheese and cucumber sandwiches	Fish fingers, potato wedges and beans	Pitta slices with houmous and cucumber & carrot sticks	Fresh crumpets with low fat spread served with peppers.	Chicken and salad wraps with light mayo Mixed salad wraps with light mayo.
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	Mixed fruits with water or milk
PM Snack	Crackers with sunflower spread	Peppers & cucumbers	Rice cakes	Pineapple & Melon	Fresh Mango

Summer menu- Week 1