

# MENU 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice
<b>Morning Snack</b>	Raisins and Fresh milk	Crackers and Fresh milk	Fresh fruit selection and Fresh milk	Fresh fruit selection and Fresh milk	Breadsticks and Fresh milk
<b>Lunch</b>	Homemade Pizza (with selection of toppings) and Salad  Fromage frais	Chicken Kebab Burgers with Potato Wedges  Fresh Fruit	Roast Chicken with Potatoes and Veg  Rice Krispy Cakes	Chicken and Potato Pie with mixed Vegetables  Fresh Fruit	Jacket Potatoes with a selection of fillings  Fresh Fruit
<b>Afternoon Snack</b>	Fresh fruit selection	Fresh fruit selection	Oat cakes and Fresh milk	Fruit selection	Cucumber and breadsticks
<b>Tea</b>	Tuna Pasta Bake with Sweetcorn  Chocolate Brownies	Vegetable Pilau Rice with Cucumber Raita  Jam Tarts	Beans on Toast  Bananas & Custard	Cucumber & Salad Wraps  Mousse	Lentil Curry with Boiled Rice  Wafer Biscuits

## Key:

- \*\*\*: Fruit & Vegetables    
 \*\*\*: Carbohydrates (Bread, rice, pasta, potatoes)    
 \*\*\*: Dairy products (Milk, cheese, yoghurt, cream)
- \*\*\*: Protein (Meat, beans & Pulses)    
\*\*\*: Foods high in sugar and/or fat

## MENU 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice
<b>Morning Snack</b>	Raisins and Fresh milk	Crackers and Fresh milk	Fresh fruit selection and Fresh milk	Fresh fruit selection and Fresh milk	Breadsticks and Fresh milk
<b>Lunch</b>	Macaroni and Cheese with Salad  Fresh Fruit	Kidney Bean Curry with Boiled Rice  Fresh Fruit	Meat/Vegetarian Lasagne with Salad and Garlic Bread Jelly/Ice Cream	Cheese & Onion Rolls with Baked Beans  Chocolate Mousse	Fish Fingers, Chips and Beans  Yoghurt
<b>Afternoon Snack</b>	Fresh fruit selection	Fresh fruit selection	Oat cakes and Fresh milk	Fruit selection	Cucumber and breadsticks
<b>Tea</b>	Selection of Sandwiches with cucumber/carrot sticks  Cake and Custard	Roast Chicken with Potatoes and Veg  Wafer Biscuits	Jacket Potatoes With Cheese and Beans Apple and Raisin Cookies	Meat/Veg Shepherd's Pie with Salad  Lemon Drizzle Cake	Vegetable Biryani with Cucumber Raita  Fresh Fruit

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# MENU 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice
<b>Morning Snack</b>	Raisins and Fresh milk	Crackers and Fresh milk	Fresh fruit selection and Fresh milk	Fresh fruit selection and Fresh milk	Breadsticks and Fresh milk
<b>Lunch</b>	Vegetable Stir Fry Noodles with Vegetable Spring Rolls Apple & Raisin Muffins	Chicken & Potato Pilau Rice with Raita/Salad Mousse	Homemade Pizza (with selection of toppings) with chips and Salad Bananas & Custard	Spinach & Potato Curry with Roti Cheesecake	Cheese & Potato Pie with Baked Beans Yoghurt/Ice Cream
<b>Afternoon Snack</b>	Fresh fruit selection	Fresh fruit selection	Oat cakes and Fresh milk	Fruit selection	Cucumber and breadsticks
<b>Tea</b>	Masala Fish Wraps with Cucumber and Carrot Sticks Jelly	Beans & Cheese on Toast Fruit Tarte	Spaghetti Bolognese Fruit Cocktail	Chicken & Vegetable Soup with Bread Rolls Fresh Fruit	Vegetable Pasta Bake Chocolate Cornflake Cakes

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# MENU 4

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<b>Breakfast</b>	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice	Selection of Cereals with milk and toast Fruit Juice
<b>Morning Snack</b>	Raisins and Fresh milk	Crackers and Fresh milk	Fresh fruit selection and Fresh milk	Fresh fruit selection and Fresh milk	Breadsticks and Fresh milk
<b>Lunch</b>	Chicken and Vegetable Risotto Fresh Fruit	Cheese and Potato Pie with Beans Chocolate Mousse	Vegetable Bean Burgers with oven chips Wafers	Chicken Curry with Roti Fruit Selection	Chile con Carne with Boiled Rice Bread & Butter Pudding
<b>Afternoon Snack</b>	Fresh fruit selection	Fresh fruit selection	Oat cakes and Fresh milk	Fruit selection	Cucumber and breadsticks
<b>Tea</b>	Vegetable Soup with Bread rolls Firni (ground rice pudding)	Jerk Chicken with Rice and Peas Fruit Cocktail	Salami and Tomato Pasta Bake Custard	Spaghetti on Toast Carrot Cake	Cheese & Tomato Toasties with Salad Jelly

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