Menu 1- April- October

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 1**  | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
| Breakfast   | Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit.  |
| Morning Snack   | Crackers and cream cheese | Rice cakes  | Pitta and hummus | Cheddar cheese sticks with crackers | Breadsticks with beetroot hummus and cucumber  |
| Lunch   | Beef and vegetable stew V- Mixed bean and vegetable stew  | Chill con carne with rice and carrotsV- Lentil chilli  | Chicken and spinach pasta V- Pea, spinach and broccoli pasta | Salmon with new potatoes and broccoli V- Grilled aubergine with potatoes and broccoli | Lamb and vegetable tagine V- vegetable tagine |
| Dessert   | Rice pudding  | Peaches with natural yogurt | Baked apples  | Pear compote with Greek yoghurt  | Poached pear  |
| Afternoon Snack  | Cucumber and pepper sticks | Breadsticks with beetroot hummus and cucumber | Toast with DF margarine.  | Oatcake with red pepper dip and carrot sticks  | Pitta and tuna dip V- pitta and cheese |
| Tea  | Homemade chicken goujons with homemade wedges and mixed vegetablesV- Quorn fillets | Chicken, pepper and onion wrapsV- Tofu, onion and pepper wraps.  | Homemade fish fingers with sweet potatoes and peasV- Vegetable fingers  | Spaghetti meatballs and peas. V- Vegetable balls with spaghetti.  | Pasta with tomato sauce and bread sticks   |
| Dessert | Fresh fruit salad | Mixed melon  | Fresh strawberries  | Peaches with natural yoghurt | Frozen yoghurt with fruit  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 2** | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
| Breakfast   | Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit.  |
| Morning Snack   | Rice cakes  | Pitta and hummus | Breadsticks with beetroot hummus and cucumber  | Crackers and cream cheese | Cheddar cheese sticks with crackers |
| Lunch   | Spaghetti vegetable Bolognese  | Fish pie with carrotsV- Mushroom pie | Roast chicken, gravy, potatoes and veg.V- Quorn fillet with potatoes and veg.  | Baked cod with quinoa and tomatoes V- Tofu with quinoa and tomatoes | Lamb stewV- Lentil stew |
| Dessert   | Peaches and natural yoghurt  | Date and banana loaf | Poached pear  | Rice pudding  | Homemade pear crumble with ice cream |
| Afternoon Snack  | Pitta and tuna dip V- Pitta and cheese | Oatcake with red pepper dip and carrot sticks | Toast with DF margarine | Hummus with veggie fingers | Toasted bagels with tzaiki  |
| Tea  | Home made fish fingers with potato wedges and beansV- vegetable fingers  | Cheese and tomato toastie  | Peppers and sweetcorn frittata.  | Homemade pizza  | Chicken with pesto pasta V- Pea and pesto pasta  |
|  | Fresh fruit salad | Peach slices  | Frozen yoghurt with mixed fruits | Mixed melon  | Fruit medley with yoghurt  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 3** | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
| Breakfast   | Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit.  |
| Morning Snack   | Breadsticks with beetroot hummus and cucumber  | Hummus with veggie fingers  | Cheesy English muffins with cucumber sticks.  | Healthy pancakes  | Crackers and cream cheese |
| Lunch   | Salmon with mashed potatoes and peasV- Grilled aubergine  | Cottage pieV- Mushroom pie | Vegetable paella with pea mash  | Chicken Korma with rice V- Vegetarian korma with rice | Sweet and sour chicken with rice and peppersV- Sweet and sour tofu |
| Dessert   | Orange polenta cake  | Homemade pear crumble with ice cream | Date and banana loaf | Homemade apple pie  | Pear compote with Greek yoghurt  |
| Afternoon Snack  | Oatcake with red pepper dip and carrot sticks | Rice cakes  | Breadsticks with beetroot hummus and cucumber  | Pitta and tuna dipV- Pitta and cheese  | Toast |
| Tea  | Turkey meatballs with wholegrain rice and cabbage. V- Vegetable balls with wholegrain rice | Tomato soup with bread  | Salmon pasta bakeV- Vegetable and bean pasta bake | Baked potato with cheese and beans | Tuna Pasta V- Cheesy pastaServed with sweetcorn and cucumber  |
|  | Fruit medley with yoghurt  | Peach slices | Mixed melon | Fresh fruit salad | Mango yoghurt and banana slices |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 4** | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
| Breakfast   | Selection of cereals(including wholegrain), toast, baby porridge and freshly chopped fruit.  |
| Morning Snack   | French toast with butter  | Cheesy English muffins with cucumber sticks | Homemade savoury biscuits  | Crackers and cream cheese | Breadsticks with beetroot hummus and cucumber  |
| Lunch   | Chicken meatballs with cous cousV- Vegetable balls  | Cauliflower and broccoli pasta shells | Chunky vegetable soup | Chicken and sweetcorn bakeV- Vegetable and chickpea bake | Creamy lentil and tomato risotto  |
| Dessert   | Homemade apricot and raspberry tart  | Baked apples | Homemade Apple crumble | Rice pudding | Pear compote with Greek yoghurt  |
| Afternoon Snack  | Pitta and tuna dipV- pitta and Cheese  | Toast with DF margarine | Hummus with veggie fingers | Toasted bagels with tzaiki | Oatcake with pepper dip and carrot sticks |
| Tea  | Macaroni cheese with cauliflower  | Homemade fish cakes with sweet potato and carrots.V-sweet potato and squash fritters.  | Homemade pizza | Homemade vegetarian burgers with broccoli and cous cous  | Homemade fish goujons with sweet potato and peasV- Vegetable fingers |
| Dessert  | Peach slices  | Frozen yoghurt with fruit | Mango yoghurt with banana slices  | Mixed melon  | Fresh fruit salad |