Menu 1- April- October

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| **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 carrots  V- 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 vegetables  V- Quorn fillets | Chicken, pepper and onion wraps  V- Tofu, onion and pepper wraps. | Homemade fish fingers with sweet potatoes and peas  V- 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 |

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| **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 carrots  V- 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 stew  V- 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 beans  V- 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 |

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| **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 peas  V- Grilled aubergine | Cottage pie  V- Mushroom pie | Vegetable paella with pea mash | Chicken Korma with rice  V- Vegetarian korma with rice | Sweet and sour chicken with rice and peppers  V- 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 dip  V- Pitta and cheese | Toast |
| Tea | Turkey meatballs with wholegrain rice and cabbage.  V- Vegetable balls with wholegrain rice | Tomato soup with bread | Salmon pasta bake  V- Vegetable and bean pasta bake | Baked potato with cheese and beans | Tuna Pasta  V- Cheesy pasta  Served with sweetcorn and cucumber |
|  | Fruit medley with yoghurt | Peach slices | Mixed melon | Fresh fruit salad | Mango yoghurt and banana slices |

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| **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 cous  V- Vegetable balls | Cauliflower and broccoli pasta shells | Chunky vegetable soup | Chicken and sweetcorn bake  V- 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 dip  V- 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 peas  V- Vegetable fingers |
| Dessert | Peach slices | Frozen yoghurt with fruit | Mango yoghurt with banana slices | Mixed melon | Fresh fruit salad |