

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of wholemeal toast or porridge and berries				
Lunch	Chilli con veggie (Quorn)	Sausage and apple hot pot	Baked sweet potato with home-made baked beans and grated cheese	Hidden vegetable, Italian tomato pasta with garlic bread	Jamaican rundown
Dinner	Soft cheese and cucumber sandwiches	Tuna and sweetcorn wraps	Cheese and tomato quiche with carrot sticks	Falafel and cous-cous with beetroot	Sliced Pitta bread with dips and salad sticks
Snacks	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of wholemeal toast or porridge and berries				
Lunch	Jacket potato with tuna crunch (sweetcorn, cucumber and tomato) and cottage cheese	Very special Fish pie (with spinach and egg)	Cheesy Peasy pasta	Nut and sesame free Pad Thai	Dhal with naan bread
Dinner	Avocado and soft cheese sandwiches	Greek salad stuffed pitta bread	Rice cakes with hummus and cucumber	Tuna and sweetcorn wraps	Cheddar sandwiches with baby tomatoes
Snacks	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of wholemeal toast or porridge and berries				
Lunch	Vegetable noodles	Creamy pasta with broccoli	Fish fingers and homemade chips with peas	Lentil Chilli	Baked sweet potato with coronation Quorn
Dinner	Cheese and tomato quiche with carrot sticks	Falafel and cous-cous with beetroot	Pitta bread with Greek salad	Hummus and grated Carrot wholemeal roll	Tuna and sweetcorn sandwiches
Snacks	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of wholemeal toast or porridge and berries				
Lunch	Veggie Ragu with garlic bread	Mexican stuffed potato skins with crème fraiche	Quorn and root vegetable hot pot	Salmon with Mediterranean and mini potatoes	Mackerel with pea and mint cous-cous with
Dinner	Rice cakes with hummus and cucumber	Cracker bread with cottage cheese and sliced tomato	Mixed bean salad wrap	egg and cucumber sandwiches	Tuna crunch wholemeal roll
Snacks	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable	Fruit Vegetable