

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, wholemeal toast  Milk or water	Cereal, wholemeal toast  Milk or water	Cereal, wholemeal toast  Milk or water	Cereal, wholemeal toast  Milk or water	Cereal, wholemeal toast  Milk or water
Mid-morning snack	Fruit or raw vegetable sticks  Water	Fruit or raw vegetable sticks  Water	Fruit or raw vegetable sticks  Water	Fruit or raw vegetable sticks  Water	Fruit or raw vegetable sticks  Water
Lunch	Beef (or bean) chilli, jacket potato and sweetcorn  Water	Chicken sausages with mashed potato, peas and gravy  Water	Pork meatballs (or vegetarian meatballs) with spaghetti, and tomato sauce.  Water	Fish cakes cous cous, vegetables and tomatoe sauce  Water	Scouse  Water
Mid afternoon snack	Rice cakes, breadsticks or crackers  Water	Rice cakes, breadsticks or crackers  Water	Rice cakes, breadsticks or crackers  Water	Rice cakes, breadsticks or crackers  Water	Rice cakes, breadsticks or crackers  Water
Tea	English muffin pizza with various toppings  Milk or water	Beans and wholemeal toast  Milk or water	Carrot and coriander soup  Milk or water	Tomato and basil penne pasta  Milk or water	Brown pitta pockets with ham served with cucumber sticks  Milk or water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, wholemeal toast	Cereal, wholemeal toast	Cereal, wholemeal toast	Cereal, wholemeal toast	Cereal, wholemeal toast
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Mid-morning snack	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks
	Water	Water	Water	Water	Water
Lunch	Creamy harissa chicken pasta	Fish goujons, beans and mash	Chicken with roast potatoes, cauliflower, carrots and broccoli	Chicken sweetcorn noodle soup	Minced beef and vegetable pie with potatoe wedges and vegetables
	Water	Water	Water	Water	Water
Tea	Potato and leek soup	Macaroni cheese	Beans and wholemeal toast	Toasted bagels, hummus, carrot and cucumber batons	Ham and cheese salad sandwiches
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, wholemeal toast	Cereal, wholemeal toast	Cereal, wholemeal toast	Cereal, wholemeal toast	Cereal, wholemeal toast
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Mid-morning snack	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks
	Water	Water	Water	Water	Water
Lunch	Chicken and vegetable stir fry with rice	Spaghetti Bolognese	Fish cakes, rice and mixed veg	Turkish style meatballs in tomato sauce with cous cous	Cottage pie and peas
	Water	Water	Water	Water	Water
Mid afternoon snack	Rice cakes, breadsticks or crackers	Rice cakes, breadsticks or crackers	Rice cakes, breadsticks or crackers	Rice cakes, breadsticks or crackers	Rice cakes, breadsticks or crackers
	Water	Water	Water	Water	Water
Tea	Mini crumpet pizzas with various toppings	Tomato Soup	Vegetable pasta bake	Beans on toast	Macaroni cheese
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, wholemeal toast	Cereal, wholemeal toast	Cereal, wholemeal toast	Cereal, wholemeal toast	Cereal, wholemeal toast
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Mid-morning snack	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks	Fruit or raw vegetable sticks
	Water	Water	Water	Water	Water
Lunch	Beef koftas, vegetable cous cous	Chicken roast dinner with roast potatoes and mixed vegetables	Sweet potato, chickpea, spinach curry with rice	Chicken stew	Fish goujons, rice and mixed veg
	Water	Water	Water	Water	Water
Mid afternoon snack	Rice cakes, breadsticks or crackers	Rice cakes, breadsticks or crackers	Rice cakes, breadsticks or crackers	Rice cakes, breadsticks or crackers	Rice cakes, breadsticks or crackers
	Water	Water	Water	Water	Water
Tea	Vegetable soup	Ham and cheese salad sandwiches	Bagel with hummus and carrot batons	Carrot coriander soup	Beans on toast
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water