

MEAL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 1	Am Snack	Oatcakes, vegetable pate, and cucumber sticks	Toast and bananas	Bread sticks, humous, carrots and apples	Tangy toast	Zero food waste Friday
	Lunch	Roasted vegetable soup With whole meal cheese sandwiches <i>Melon boats</i>	Savory minced beef with mashed creamed potatoes and peas <i>Fruit cocktail</i>	Mushroom and vegetable Ragout with whole meal pasta <i>Natural yoghurt and mango coulis</i>	Chicken curry with rice  <i>kiwis</i>	Vegetable pasta in tomato and basil sauce <i>Fruit smoothie</i>
	PM Snack	Bagels with cream cheese and apples	Whole meal pitta bread, homemade guacamole, peppers, pears	Brown baguettes with spread, grapes	Cheese wraps and pineapple	Crackers with spread, cucumber, peppers and tomatoes
W e e k 2	Am Snack	<div> <div>Toast and pears</div> </div>	Rice cakes, cream cheese & grapes	Crackers with spread and cucumber sticks	Toast, spread and satsumas	Zero food waste
	Lunch	Chicken Korma with rice and naan bread strips <i>Peach slices</i>				
	PM Snack	Pitta bread pizzas and pineapple	Bagels cream cheese, & pineapple	Oat cakes, homemade humous, apples	Brown baguettes, cream cheese and pears	Wraps with tuna, cucumber and peppers
W e e k 3	AM Snack	Crackers, Cream Cheese, Cucumber and apples	Oat cakes, cheese sticks, peppers and apples	Toast & spread, pears	Bread sticks, homemade tzatziki, apples	Zero food waste
	Lunch	Pasta Bolognese <i>Fruit cocktail</i>	Skinless sausage and vegetable casserole with mash potato <i>Yoghurt &amp; mango</i>	Salmon and smoked haddock pie with crispy potato topping <i>Peach slices</i>	Chickpea and vegetable curry with coconut milk and rice <i>Melon boats</i>	Lentil soup with homemade rolls <i>satsumas</i>
	PM Snack	Tortilla Wraps with Cheese and peppers and apples satsumas	Brown baguettes, cream cheese and pears	Pitta bread pizzas and pineapple	Bagels, cream cheese & pears	Brown baguettes with toppings and berries

W e e k 4	Am Snack	crackers, cheese sticks, grapes	Rice cakes, cream cheese, pineapple	Toast and banana	Plain scone, spread and apples	Zero food waste
	Lunch	Tomato and basil soup with whole meal cheese sandwiches <i>Melon boats</i>	Chicken Jambalaya with broccoli <i>natural yoghurt and mango</i>	Cottage pie with onions, carrots, and peas <i>satsumas</i>	Chicken, leek and carrot pie with mashed potatoes <i>Pear and mango puree</i>	Macaroni cheese with broccoli  Fruit cocktail
	PM Snack	Brown baguettes, cream cheese and bananas	Tortilla wraps with tuna & cucumber and peppers	Bagels with spread and kiwi	Pitta bread pizza,	Toast with spread and satsumas