

WEEK 1

(All recipes are homemade unless otherwise stated in italic writing. All pasta/rice or flour is 50% wholemeal and 50% white.)

DAY	LUNCH	DESSERT	VEGETARIAN	TEA	DESSERT	VEGETARIAN
MONDAY	Fishermans pie with carrots and peas	<i>Fromage frais</i> *Or fresh fruit	Vegetable and lentil pie with carrots and peas	Mediterranean roasted vegetable and bean <i>pasta</i>	Oat and raisin cookie followed by milk *Or fresh fruit	Mediterranean roasted vegetable and bean <i>pasta</i>
TUESDAY	Brussel sprout and cauliflower gratin with <i>cous cous</i>	Chocolate mousse *Or fresh fruit	Brussel sprout and cauliflower gratin with <i>cous cous</i>	Sardine pate, <i>wholegrain/white crackerbread</i> , cucumber and broccoli florets	Rhubarb, pear and oat crumble with <i>crème freche</i> followed by milk *Or fresh fruit	White bean pate, <i>wholegrain/white crackerbread</i> , cucumber and broccoli florets
WEDNESDAY	Chicken and mango curry with <i>long grain rice</i>	Apricot and pineapple rice snaps followed by milk *Or fresh fruit	Quorn and mango curry with <i>long grain rice</i>	Homemade cheese and onion bake with spaghetti in tomato sauce	Bananas & custard	Homemade cheese and onion bake with spaghetti in tomato sauce
THURSDAY	Special cowboy pie	<i>Fruit flavoured yoghurt</i> *Or fresh fruit	Quorn special cowboy pie	Turkey enchiladas with carrot sticks	Jaffa cake loaf followed by milk *Or fresh fruit	Quorn enchiladas with carrot sticks
FRIDAY	Mixed pepper quiche with cheesy pasta salad and cherry tomatoes	<i>Pancakes with raspberries and crème freche</i> followed by milk *Or fresh fruit	Mixed pepper quiche with cheesy pasta salad and cherry tomatoes	Beef Goulash with new potatoes	<i>Grapes, raisins, apricots, dates and choc chip platter</i> followed by milk *Or fresh fruit	Beef Goulash with new potatoes

Key: Fish Day Dairy Day Chicken Day Red Meat Day Vegetarian Day/Option

WEEK 2

(all recipes are homemade unless otherwise stated in italic writing. All pasta/rice or flour is 50% wholemeal and 50% white.)

DAY	LUNCH	DESSERT	VEGETARIAN	TEA	DESSERT	VEGETARIAN
MONDAY	Winter broth with <i>French baguette</i>	<i>Crackers and cheese with grapes</i> *Or fresh fruit	Winter vegetable broth with <i>French baguette</i>	Mexican chilli with <i>wild rice</i>	Banana Bread followed by milk *Or fresh fruit	Quorn Mexican chilli with <i>wild rice</i>
TUESDAY	Tomato and mackerel <i>pasta</i> with beans and peas	Syrup and oat flapjack followed by milk *Or fresh fruit	Tomato and pepper <i>pasta</i> with beans and peas	<i>Potato wedges</i> with mayonnaise dip, garlic bread and cucumber	Fresh fruit salad followed by milk	<i>Potato wedges</i> with roasted garlic dip, sweet corn and carrot sticks
WEDNESDAY	Cheese, bacon and leek slice with roasted veg and patas bravas	<i>Fruit flavoured yoghurt pot</i> *Or fresh fruit	Cheesy, leek and onion slice with peas and patas bravas	Tuna crunch on <i>wholemeal bread</i> with carrot sticks and apple wedges	Chocolate brownie followed by milk *Or fresh fruit	Cheese savoury on <i>wholemeal bread</i> with cherry tomatoes
THURSDAY	Roast chicken, boiled potatoes, sprouts, carrots, <i>Yorkshire pudding</i> and gravy	Summer fruit <i>jelly</i> followed by milk *Or fresh fruit	Quorn, boiled potatoes, sprouts, carrots, <i>Yorkshire pudding</i> and veggie gravy	Cheese, olive and tomato pizza with sweet corn and cherry tomatoes	<i>Fromage frais</i> *Or fresh fruit	Cheese, olive and tomato pizza with sweet corn
FRIDAY	Keema <i>naan</i> with raita dip, green beans and long grain rice	<i>Sorbet cornet</i> followed by milk *Or fresh fruit	Quorn keema <i>naan</i> with raita dip, green beans and long grain rice	Chicken Marengo with creamed potato and broccoli	Warm apple, cinnamon and sultana rice pudding *Or fresh fruit	Quorn Marengo with creamed potato and broccoli

Key: Fish Day Dairy Day Chicken Day Red Meat Day Vegetarian Day/Option

WEEK 3

(All recipes are homemade unless otherwise stated in *italic writing*. All pasta/rice or flour is 50% wholemeal and 50% white.)

DAY	LUNCH	DESSERT	VEGETARIAN	TEA	DESSERT	VEGETARIAN
MONDAY	Minced beef and onion pie with parsnips and turnip mash, cauliflower and gravy	<i>Jam/lemon curd fingers</i> followed by milk *Or fresh fruit	Quorn and onion pie with parsnip and turnip mash, cauliflower and gravy	Chicken Caesar <i>wrap</i> with sweet corn	Chilled peaches and custard	Quorn Caesar <i>wrap</i> with sweet corn
TUESDAY	Thai squash and pineapple curry with Jasmin rice and green beans	Glazed cherry cake followed by milk *Or fresh fruit	Thai squash and pineapple curry with Jasmin rice and green beans	Fruity pork casserole with crushed new potatoes	<i>Strawberry mousse</i> *Or fresh fruit	Quorn fruity casserole with crushed new potatoes
WEDNESDAY	Fish with parmentier potatoes, peas, broccoli and parsley sauce	<i>Tropical fruit cocktail</i> followed by milk	Quorn with parmentier potatoes, peas, broccoli and parsley sauce	Garlic and herb homemade baked beans on <i>wholemeal/white toast</i>	Raisin and choc chip flapjack followed by milk *Or fresh fruit	Garlic and herb homemade baked beans on <i>wholemeal/white toast</i>
THURSDAY	<i>Macaroni</i> and cauliflower cheese with sweetcorn	Banoffee Pie followed by milk *Or fresh fruit	<i>Macaroni</i> and cauliflower cheese with sweetcorn	Smoked mackerel pate on <i>melba toast</i> with cucumber sticks and apple wedges	Chilled raspberry rice pudding *Or fresh fruit	Mushroom pate on <i>melba toast</i> with cucumber sticks and apple wedges
FRIDAY	Chicken, leek and mushroom hotpot with <i>Yorkshire pudding</i>	<i>Fromage Frais</i> *Or fresh fruit	Quorn leek and mushroom hotpot with <i>Yorkshire pudding</i>	<i>Crumpets</i> with grated cheese, carrot sticks and cherry tomatoes	Iced carrot/courgette cake followed by milk *Or fresh fruit	<i>Crumpets</i> with grated cheese, carrot sticks and cherry tomatoes

Key: Fish Day Dairy Day Chicken Day Red Meat Day Vegetarian Day/Option

WEEK 4

(all recipes are homemade unless otherwise stated in italic writing. All pasta/rice or flour is 50% wholemeal and 50% white.)

DAY	LUNCH	DESSERT	VEGETARIAN	TEA	DESSERT	VEGETARIAN
MONDAY	Thai burgers with mixed vegetable rice and lemon mayonnaise dip	<i>Eton Mess</i> followed by milk *Or fresh fruit	Thai quorn burgers with mixed vegetable rice and lemon mayonnaise dip	<i>Scone, grated cheese</i> and apple wedges	<i>Fruity rice cakes</i> with <i>Fromage Frais</i> *Or fresh fruit	<i>Scones</i> , grated cheese, carrot sticks and apple wedges
TUESDAY	Spaghetti Bolognaise with carrot sticks	Bananas and custard	Quorn spaghetti bolognaise with carrot sticks	<i>Turkey wholemeal sandwich</i> with salad nibbles	Pineapple upside down cake followed by milk *Or fresh fruit	Quorn <i>wholemeal sandwich</i> with homemade coleslaw
WEDNESDAY	Mushroom, tomato and pepper pizza with wedges and homemade coleslaw	Chocolate and sour cherry krispies followed by milk *Or fresh fruit	Mushroom, tomato and pepper pizza with wedges and homemade coleslaw	Minted lamb and vegetable casserole with <i>cous cous</i>	<i>Fruit flavoured yoghurt pot</i> *Or fresh fruit	Minted quorn and vegetable casserole with <i>cous cous</i>
THURSDAY	Smoked haddock quiche with potato salad and carrots	Raspberry, peach and mango salad followed by milk	Smoked haddock quiche with potato salad and peas	Chinese style curried mixed vegetables with noodles	Chocolate and beetroot cake followed by milk *Or fresh fruit	Chinese style curried mixed vegetables with noodles
FRIDAY	Cheesy jacket potatoes with homemade tomato baked beans and cherry tomatoes	Gingerbread square followed by milk *Or fresh fruit	Cheesy jacket potatoes with homemade tomato baked beans and cherry tomatoes	Tuna and tomato Mornay with broccoli florets	Mandarin <i>jelly</i> followed by milk *Or fresh fruit	Vegetable and tomato Mornay with broccoli florets

Key: Fish Day Dairy Day Chicken Day Red Meat Day Vegetarian Day/Option

WEEK 5

(all recipes are homemade unless otherwise stated in italic writing. All pasta/rice or flour is 50% wholemeal and 50% white.)

DAY	LUNCH	DESSERT	VEGETARIAN	TEA	DESSERT	VEGETARIAN
MONDAY	Cheesy root vegetable and <i>bean</i> bake with cauliflower	Rosemary and lemonade cake followed by milk *Or fresh fruit	Cheesy root vegetable and <i>bean</i> bake with cauliflower	Salmon bread and butter pudding with mange tout, green beans and broccoli mix	<i>Sorbet and wafers</i> followed by milk *Or fresh fruit	Savoury bread and butter pudding with mange tout, green beans and broccoli mix
TUESDAY	Turkey meatballs in gravy with garlic and rosemary roasties and turnip mash	Fruit flavoured yoghurt pot *Or fresh fruit	Quorn balls in veggie gravy with garlic and rosemary roasties and turnip mash	<i>Cream crackers</i> , grated cheese, grapes and cucumber sticks	Shortbread biscuit followed by milk *Or fresh fruit	<i>Cream crackers</i> , grated cheese, grapes and cucumber sticks
WEDNESDAY	Toad in a hole with mashed potato, peas, cauliflower and gravy	Lemon cheese cake followed by milk *Or fresh fruit	Quorn toad in a hole with mashed potato, peas, cauliflower and veggie gravy	Chicken and chickpea Rogan Josh with basmati rice	Fromage frais *Or fresh fruit	Quorn and chickpea Rogan Josh with basmati rice
THURSDAY	Spinach and cheese <i>puff pastry</i> slice with tomato lentils and sweet corn	Sultana sponge and custard *Or fresh fruit	Spinach and cheese <i>puff pastry</i> slice with tomato lentils and mixed salad	Mince and dumplings with carrots and spring cabbage	<i>Grapes, raisins, apricots, dates and choc chip platter</i> followed by milk	Quorn casserole and dumplings with peas and spring cabbage
FRIDAY	Sardine spaghetti bolognese and <i>garlic bread</i>	<i>Banana mousse</i> *Or fresh fruit	Quorn spaghetti bolognese and <i>garlic bread</i>	Scrambled egg on <i>wholemeal/white</i> toast with tomatoes	Chilli chocolate cake followed by milk *Or fresh fruit	Scrambled egg on <i>wholemeal/white</i> toast with tomatoes

Key: Fish Day Dairy Day Chicken Day Red Meat Day Vegetarian Day/Option