



| Week 1             | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|--------------------|---|--|---|---|--|
| <b>Breakfast</b>   | Weetabix Cornflakes<br>Rice crispies<br>Milk  | Toast<br>Milk  | Weetabix Cornflakes<br>Rice crispies<br>Milk                                  | Toast<br>Milk   | Weetabix Cornflakes<br>Rice crispies<br>Milk                         |
| <b>Snack AM/PM</b> | Various Snacks<br>Milk / Water  | Various Snacks<br>Milk / Water   | Various Snacks<br>Milk / Water  | Various Snacks<br>Milk / Water  | Various Snacks<br>Milk / Water                                       |
| <b>Lunch</b>       | Italian Mince   | Salmon fish pie, peas,<br>homemade tomato<br>sauce   | Roast turkey, roast<br>potatoes, stuffing,<br>carrots, cabbage,<br>gravy      | Lasagne, sweetcorn  | Sausage casserole with<br>sliced potato topping                      |
| <b>Content</b>     | Minced beef, basil,<br>onions, celery, peas,<br>tomato puree, flour,<br>vegetable stock | Salmon, broccoli,<br>cauliflower, carrots,<br>parsley, potatoes,<br>tomatoes, onions,<br>peppers, sugar, dairy<br>free spread, oil spray | Turkey, potatoes,<br>carrots, cabbage   | Minced beef, onions,<br>celery, garlic, tomatoes,<br>tomato puree, peppers,<br>dairy free spread,<br>lasagne sheets | Sausage, potato,<br>swede, onion and<br>carrots, gravy<br>thickening |
| <b>Dessert</b>     | Rhubarb and ginger<br>crumble with custard  | Strawberry jelly   | Vanilla ice cream   | Bananas with custard  | Rice pudding   |
| <b>Tea</b>         | Ham / Cheese<br>sandwiches<br>Pringles<br>Cake  | Spaghetti with toast<br>Banana mousse  | Savoury biscuits<br>Cheese<br>Cocktail sausages<br>Cucumber mint dip<br>Melon | Tuna mayonnaise /<br>Cheese sandwich thins<br>Tomato<br>Red cherry cheesecake                                       | Chicken soup<br>Cheese puffs<br>Fromage frais                        |