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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Lunch | *Vegetable Lasagne*  Sweetcorn Milk/Wheat | Fish Goujons or *Fishless Fingers* Parsley Mash and Green Beans Fish/Wheat | Minced Beef and Onion Pie  *Cheese and Onion Pie*  New potatoes and Carrots | Roast Chicken *or Quorn Slices*  Sauté Potato and Peas | *Macaroni Cheese*  Mixed Vegetables  Milk |
| Pudding | Fruit Pots  Milk | Banana Cake Squares  Egg/Milk | Pineapple Upside-down Cake  Egg/Milk | Peachy Rice Pudding  Milk | Poached Pears  Vanilla Yoghurt  Milk |
| Tea | *Creamy Tomato Soup*  *Chunky Herb Croutons*  *Milk* | *Vegetable Jambalaya*  *Garlic Bread*  Wheat | *Spaghetti Hoops*  *Toast*  *Wheat* | *Cheese Puffs*  *Baked Beans*  Milk | Sausage or *Veggie Sausage* and Tomato Sandwiches Wheat |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Lunch | Smoked Haddock and Cod *Gratin*  *Spinach and Mushroom Gratin*  Carrots Fish/Milk | Sweet and Sour Chicken/Quorn  Rice and Peas | *Butterbean and Vegetable Casserole*  Green Beans Sulphates | Cottage or *Lentil* Pie  Broccoli | Turkey and *Red Pepper* Rigatoni Garlic Flatbread Wheat |
| Pudding | Bananas, Greek Yoghurt  with Honey Drizzle Milk | Jam and Coconut Sponge  Custard  Milk | Fruit Pots  Milk | Cornflake Tart | Rice Pudding  Strawberry Compote Milk |
| Tea | *Sweet Potato and Lentil Soup*  *Wholemeal Bread*  Wheat | *Vegetable Pasta Bake* | *Beans on Toast*  *Grated Cheese*  Milk | *Pizza Muffin Selection Cherry Tomato and Dips Milk/Wheat* | Fish Finger or Scrambled Egg Sandwiches Cucumber and Lettuce |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Lunch | Chicken or *Quorn* Noodle Casserole  Peas | *Fisherman’s Pie*  *or Vegetable Croquets*  *Chantenay Carrots* | Hearty Beef Stew  *Root Vegetable Stew*  Steamed Broccoli | *Cheese and Mushroom Patties*  Rice and SweetcornMilk | Sausage and *Bean Goulash*  Herb Mash |
| Pudding | Fruit Pots  Milk | Carrot Cake  Egg | Banana Flapjack | Mango and Pear Cobbler  Custard  Milk | Apple and Sultana Muffins |
| Tea | *Beans on Toast*  Milk | *Gruyere and Onion Tart* Sweetcorn  Milk | *Butternut Squash Soup*  Pitta dippers | *Hidden Vegetable Pasta Bake*  Milk | *Spaghetti Hoops*  *Potato Cakes*  Wheat |