

MONTHLY MENU



Week 1

PLEASE NOTE: Please note this is for guidance only therefore it may vary or be subject to change.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8:00am - 9:00am)	Shredded Wheat, Porridge, Raisins Milk or Water Fresh Fruit	Shredded Wheat, Weetabix, Brown & White Toast, Jam Milk or Water Fresh Fruit	Shredded Wheat, Weetabix, Porridge, Milk or Water Fresh Fruit	Shredded Wheat, Weetabix, porridge, Brown & White Toast Milk or Water Fresh Fruit	Shredded Wheat, Weetabix, Porridge & Dried Apricots Milk or Water Fresh Fruit
Morning Snack (10:00am – 10:20am)	Pancakes & Cucumber sticks Water and Milk	Crumpets & Cheese Water and Milk	Sliced Bananas, Natural Yoghurt & Rice Cakes Water and Milk	Carrots, Soft Cheese & Crackers Water and Milk	Malt loaf & strawberries Water and Milk
Lunch (12:00pm -1:00pm) Dessert	(M) Mexican Halal Chicken with Brown rice (D) Peach ice cream	(M) Vietnamese Tuna Fusilli Pasta (D) Apple, Mandarin & Pineapple	(M) Halal Beanie shepherd's pie with cucumber slices (D) blueberry cake with custard	(M) Roast Chicken in gravy with baby new potatoes with Peas, cabbage, sweetcorn and carrot (D) black cherry yoghurts	(M) Moroccan vegetable curry with white rice (D) summer fruit crumble slice with custard
Tea (3:30pm - 4:00pm)	Vegetable Soup & Toast Yoghurt or Fresh Fruit	Cheese & Tomato Pizza Yoghurt or Fresh Fruit	Vegetable couscous Yoghurt or Fresh Fruit	Mash Potatoes, Coleslaw, Mayonnaise, Tomatoes & Beans Yoghurt or Fresh Fruit	Sandwiches Yoghurt or Fresh Fruit
Afternoon Snack (5:00pm – 5:20pm)	Bread Sticks, Cucumber Water and Milk	Sliced Oranges & Carrots Water and Milk	Popcorn Water and Milk	Olives & Apples Water and Milk	Jelly Fruit Water and Milk

Water is served throughout the day.

MONTHLY MENU



Week 2 PLEASE NOTE: Please note this is for guidance only therefore it may vary or be subject to change.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8:00am - 9:00am)	Shredded Wheat, Weetabix, Brown & White Toast, Jam Milk or Water Fresh Fruits	Shredded Wheat, Weetabix, Porridge Milk or Water Fresh Fruits	Porridge, Weetabix, White & Brown Toast, Jam Milk or Water Fresh Fruits	Shredded Wheat, White & Brown Toast Milk or Water Fresh Fruits	Shredded Wheat, Weetabix, Porridge Milk or Water Fresh Fruits
Morning Snack (10:00am – 10:20am)	Sliced Bananas, Cherry Tomatoes & Crackers Water and Milk	Crumpets, Cheese Slices, Sliced Apples & Cucumber Sticks Water and Milk	Pancakes, Jam & Kiwi Fruit Water and Milk	Soft Cheese, Rice Cakes & Grapes Water and Milk	Popcorn & Orange slices Water and Milk
Lunch (12:00pm -1:00pm) Dessert	(M) Caribbean vegetable stew with brown rice. (D) Summer fruit ice cream	(M) Chicken Lasagne with grated carrot (D) Peach, Mandarin and apple.	(M) Sausage with homemade baked beans with butternut squash & mash potato (D) strawberry fromage Frais	(M) Avocado & Mango chicken with white rice (D) sweet potato & apple cake with custard	(M) Italian lamb bolognaise & whole wheat penne pasta with grated cheddar cheese. (D) orange & rhubarb jelly.
Tea (3:30pm - 4:00pm)	Pitta bread & Red Lentil soup Yoghurt or Fresh Fruit	Toast & Baked Beans & sausages Yoghurt or Fresh Fruit	Veggie fingers & chips Yoghurt or Fresh Fruit	Vegetable Noodles Yoghurt or Fresh Fruit	White & Brown Sandwiches with Tuna & Cucumber Yoghurt or Fresh Fruit
Afternoon Snack (5:00pm – 5:20pm)	Sliced Apples Water and Milk	Sliced Bananas Water and Milk	Sliced Carrots Water and Milk	Cucumber Sticks & Cheese Cubes Water and Milk	Cucumber Sticks & Dip Water and Milk

Water is served throughout the day.

MONTHLY MENU



Week 3

PLEASE NOTE: Please note this is for guidance only therefore it may vary or be subject to change.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8:00am - 9:00am)	Shredded Wheat, Weetabix, Brown & White Toast & Jam Milk or Water Fresh Fruit	Weetabix, Porridge & Raisins Milk or Water Fresh Fruit	Porridge, Brown & White Toast & Jam Milk or Water Fresh Fruit	Shredded Wheat, Brown & White Toast, Jam Milk or Water Fresh Fruit	Shredded Wheat, Weetabix, Porridge Milk or Water Fresh Fruit
Morning Snack (10:00am – 10:20am)	Sliced Bananas, & Chopped Cherry Tomatoes, Crumpets Water and Milk	Brown & White Toast Water and Milk	Boiled Eggs, Sliced Pears & Breadsticks Water and Milk	Soft Cheese & Crackers Water and Milk	Breadsticks & Carrot Slices Water and Milk
Lunch (12:00pm -1:00pm) Dessert	(M) simply chicken with penne pasta (D) orange & beetroot cake with custard	(M) roast chicken in gravy with rosemary new potatoes. peas, carrots & green beans (D) peach & mango yoghurts	(M) Mediterranean chicken & brown rice with grated cheddar cheese (D) apricot, pineapple & pear.	(M) soya & vegetable spaghetti bolognaise with cucumber slices. (D) banana & cocoa flapjack with custard	Cultural classic dishes menu
Tea (3:30pm - 4:00pm)	Lentil Soup with French Bread Yoghurt or Fresh Fruit	Fish Cakes & Whole- Meal Bread Yoghurt or Fresh Fruit	Sauce with Pasta Yoghurt or Fresh Fruit	Minestrone Soup with French Bread Yoghurt or Fresh Fruit	Sandwiches Yoghurt or Fresh Fruit
Afternoon Snack (5:00pm – 5:20pm)	Sliced Apples Water and Milk	Bread Sticks, Sliced Apples & Cucumbers Water and Milk	Crackers & Jam Water and Milk	Sliced Pears & Crumpets Water and Milk	Yoghurt Water and Milk

Water is served throughout the day.