

Week 1

AM SNACK

LUNCH

PUDDING

TEA

PUDDING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Rice cakes
and fruit

Crackers and
seasonal fruit

Breadsticks with hummus
and cucumber

Sliced hot cross buns
and fresh fruit

Pitta strips with
veggies and hummus

Pasta Bolognese with
pitta strips

Karen's secret recipe
Vegetable pasta with
homemade focaccia

Fish fingers, mash and
peas

Tuna and sweetcorn
sea shell pasta

Chicken in gravy with
potatoes and peas

Yogurt

Homemade apple jelly or
'nice cream' - no sugar ice
cream with fresh fruit

Yogurt and fruit coulis

Fresh fruit with
homemade low sugar and
dairy free custard or
yogurt

Mixed fruit Gruffalo
crumble baked with the
children

Make your own
sandwiches with an
assortment of salad

Beans and cheese
on toast

Toasties with veggie
sticks and baked crisps

Jacket potatoes with
spaghetti hoops and
cheese

X

Melon and grapes

Homemade rice
pudding or rice cakes
with mixed berries

Homemade cookies
with a fruit platter

Muffins and a choice
of fruit

X

Week 2

AM SNACK
LUNCH
PUDDING
TEA
PUDDING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Rice cakes
and fruit

Crackers and
seasonal fruit

Sliced hot cross buns
and fresh fruit

Crackerbread with a
choice of toppings and
veggie sticks

Homemade fruit salad

Fish cakes with
mashed potato and
veggies

Chilli chicken and
chickpea with rice

Tuna and sweetcorn
sea shell pasta

Chicken or veg
cacciatore with pasta
and tortilla chips

Jacket potatoes with a
choice of vegetable ragu,
beans or cheese

“nice cream”
Homemade no sugar ice
cream or single cream
with fresh berries

Fromage frais

Homemade low sugar
and dairy free custard
with fruit cocktail

Yogurt with mixed fruit
coulis

Limited sugar banana
muffins baked with the
children

Beans with cheese and
toast

Tomato and basil orzo
with crackerbread and
cheese

Picky tea- wraps with a
choice cheese, chicken or
hummus and an
assortment of salad

Soup with toasties or
homemade bread rolls

X

Yogurt

Fresh fruit platter

Homemade oat bars

Melon and a choice
from the fruit bowl

X

Week 3

AM SNACK
LUNCH
PUDDING
TEA
PUDDING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Crackers with a choice of fruit	Crumpet fingers with veggie sticks	Crackerbread and fresh fruit	Pitta strips with cucumber and hummus	Sliced hot cross buns with fruit
Lamb ragu or veg ragu with hidden veggies, spaghetti and garlic bread	Fish fingers with mashed potato and peas	Karen's secret recipe veggie pasta with homemade focaccia	Chicken and lentil or veggie and lentil paprika with rice and broccoli	Beef Mexican quesadillas with hidden veggies and salad
Fromage frais	Homemade low sugar and dairy free custard with fruit cocktail	Homemade apple and mango jelly or fresh fruit	Greek yogurt with mixed fruit coulis	Reduced sugar shortbread biscuits baked by the children
Spaghetti hoops with cheese and toast	Picky tea- Pittas with mini breadsticks, cream cheese, hummus and salad	Jacket potatoes with tuna and sweetcorn	Homemade cheese scones with beans	X
Fresh fruit platter	Homemade oat bars and grapes	Yogurt	A choice of flavoured rice cake and fruit	X

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Breadsticks with hummus and veggie sticks	Bagels with cream cheese or jam and fruit	Pitta strips with cream cheese and veggie sticks	Crackerbreads and a choice from the fruit bowl	Homemade fruit salad
LUNCH	Fishcakes with mashed potatoes and sweetcorn	Chicken curry with rice and pitta breads	Chilli con carne with hidden veg and rice	Herby tomato orzo with crispy tortilla chips	Shepherds pie with lots of vegetables
PUDDING	Custard and fruit cocktail	Yogurt with mixed fruit coulis	Fromage frais	Ice cream with fresh berries	Reduced sugar flapjacks baked by the children
TEA	Make your own sandwiches	Pizza wraps with an assortment of salad	Vegetable soup with mini cheese sandwiches	Melty cheese bagels with veg sticks	X
PUDDING	Yogurt	Rice cakes and fruit	Freshly baked oat cookies	Melon slices	X