

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cereal	Cereal	Cereal	Cereal	Cereal
<b>Snack</b>	Breadsticks and Fruit	Breadsticks and Fruit	Breadsticks and Fruit	Breadsticks and Fruit	Breadsticks and Fruit
<b>Lunch</b>	Spaghetti Bolognaise	Sausage Patties, Mash Carrots	Roast Dinner (chicken)	Chickpea & Vegetable Curry	Salmon & Broccoli Pasta
<b>Pudding</b>	Carrot Cake	Frozen Yoghurt	Eaton Mess	Choc Dessert	Fruit Salad
<b>Vegetarian option</b>	Vegetable bolognaise	Vegetable patties	Roast Quorn dinner	Same as above	Vegetable medley pasta
<b>Snack</b>	Breadsticks and Fruit	Breadsticks and Fruit	Breadsticks and Fruit	Breadsticks and Fruit	Breadsticks and Fruit
<b>Tea</b>	Wraps	Lentil Casserole	Beans on Toast	Wedges & Dips	Sandwiches Cheese, Ham , Marmite
<b>Pudding</b>	Yoghurt	Iced cake	Fromage Frais	Frothy Freddy	Jelly(vegetarian available)
<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cereal	Cereal	Cereal	Cereal	Cereal
<b>Snack</b>	Rice cakes and Fruit	Rice cakes and Fruit	Rice Cakes and Fruit	Rice cakes and Fruit	Rice cakes and Fruit
<b>Lunch</b>	Chicken wrapped in bacon, Mash and Peas	Cottage Pie	Sausage Casserole	Fish Goujons, Mash ad baked beans	Cheesy Vegetable Rice
<b>Pudding</b>	Tarts & custard	Semolina	Banana Buns	Eves Pudding	Shortcake biscuit
<b>Vegetarian option</b>	Quorn fillet	Quorn pie	Vegetable casserole	Vegetable goujons	Same as above
<b>Snack</b>	Rice cakes and Fruit	Rice cakes and Fruit	Rice cakes and Fruit	Rice cakes and Fruit	Rice cakes and Fruit
<b>Tea</b>	Muffin Pizzas	Houmous Pitta & Veg Dippers	Jacket Potatoes	Sandwiches, Cheese, Ham, Marmite	Macaroni Cheese
<b>Pudding</b>	Rice Pudding	Fruit Bun	Flapjack	Fruit salad	Mousse

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cereal	Cereal	Cereal	Cereal	Cereal
<b>Snack</b>	Crackers and Fruit	Crackers and Fruit	Crackers and Fruit	Crackers and Fruit	Crackers and Fruit
<b>Lunch</b>	Tuna Pasta Bake	Bean Burger, potato wedges and bake beans	Savoury Rice	Toad in the hole Mash Peas	Roast Dinner (lamb)
<b>Pudding</b>	Pineapple Upside down Pudding	Frothy Freddy	Choc & Beetroot Cake Vanilla Sauce	Yoghurt	Semolina
<b>Vegetarian option</b>	Vegetable pasta bake	Same	Same	Quorn toad in the hole	Roast quorn dinner
<b>Snack</b>	Crackers and Fruit	Crackers and Fruit	Crackers and Fruit	Crackers and Fruit	Crackers and Fruit
<b>Tea</b>	Jacket Potato	Cauliflower Cheese	Beans on Toast	Sandwiches Cheese, Ham , Marmite	Sardines on toast
<b>Pudding</b>	Yoghurt	Rice Pudding	Fromage Frais	Jelly(vegetarian available)	Fromage Frais
<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cereal	Cereal	Cereal	Cereal	Cereal
<b>Snack</b>	Flatbread and Fruit	Flatbread and Fruit	Flatbread and Fruit	Flatbread and Fruit	Flatbread and Fruit
<b>Lunch</b>	Fish Cakes,	Roast Dinner	Vegetable crumble	Lasagne	Homemade Sausage Rolls Beans Mash
<b>Pudding</b>	Frothy Freddy	Fruit Platter	Eaton Mess	Yoghurt	Jelly
<b>Vegetarian option</b>	Vegetable cakes	Roast quorn dinner	Same as above	Vegetable lasagne	Quorn sausage roll
<b>Snack</b>	Flatbread and Fruit	Flatbread and Fruit	Flatbread and Fruit	Flatbread and Fruit	Flatbread and Fruit
<b>Tea</b>	Cheese scones	Lentil Casserole	Sandwiches	Baguette Pizzas	Wraps
<b>Pudding</b>	Ginger biscuit and Apple	Malt Loaf	Rice Pudding	Fruit Salad	Choc Dessert

<b>Week 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cereal	Cereal	Cereal	Cereal	Cereal
<b>Snack</b>	Oatcakes and Fruit	Oatcakes and Fruit	Oatcakes and Fruit	Oatcakes and Fruit	Oatcakes and Fruit
<b>Lunch</b>	Sausage Surprise	Vegetable Puff & Mash	Kedgeree	Roast Dinner	Homemade Burgers Wedges and sweetcorn
<b>Pudding</b>	Yoghurt	Blancmange	Fromage frais	Frozen Yoghurt	Summer fruit Cheese Cake
<b>Vegetarion option</b>	Quorn sausage surprise	Same as above	Same as above	Roast quorn diner	Vegetable burger
<b>Snack</b>	Oatcakes and Fruit	Oatcakes and Fruit	Oatcakes and Fruit	Oatcakes and Fruit	Oatcakes and Fruit
<b>Tea</b>	Sandwiches Cheese, Ham , Marmite	Beans on toast	Savoury Omelette	Lentil Casserole	Chicken & vegetable Couscous Salad
<b>Pudding</b>	Fruit Salad	Fromage Frais	Blueberry Muffin	Frothy Freddy	Cereal Bar

€ Children will prepare their own tea with the help of practitioners