



Eat smart, think smart, be smart

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: 7am-9am</b>	Cereals & toast	Cereals & toast	Cereals & toast	Cereals & toast	Cereals & toast
<b>Snack: 9:30am</b>	Milk	Milk	Milk	Milk	Milk
<b>Lunch: From 11:15am</b>	Roast loin of pork, roast potatoes, carrots, peas and gravy	Beef spaghetti bolognese with peas and garlic bread	Sausage plait with new potatoes, broccoli, baked beans and gravy	Macaroni cheese with broccoli	Thai chicken curry with rice and carrots
<b>Dessert</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Snack: 2pm</b>	Toasted bagel	Water biscuits	Toasted pitta	Multigrain crackers	Flavoured rice cakes
<b>Tea: 3:45pm</b>	Vegetable fingers, waffle and Spaghetti	Jacket potato with tuna mayo and cheese	Toasted bagels with ham, cheese and salad	Sausage, sweetcorn and cubed potatoes	Scrambled egg, beans and hash browns
<b>Pudding</b>	Fromage frais	Fromage frais	Fromage frais	Fromage frais	Fromage frais

ASC	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner: 4pm</b>	No ASC	Beef spaghetti bolognese with peas and garlic bread	Sausage plait with new potatoes, broccoli, baked beans and gravy	No ASC	No ASC
<b>Pudding</b>		Fromage frais	Fromage frais		

**Please note:** All meals will be prepared to ensure they are age and stage appropriate and inline with each child's dietary requirements. Our 2pm snack is not served to children under 1 years old, they have milk or formula as an alternative. Menu options or ingredients may change due to unforeseen circumstances. A food diary for your child can be requested (see details in your prospectus and welcome pack) and daily updates of this can be seen on your child's 'Tapestry' account.



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: 7am-9am</b>	Cereals & toast	Cereals & toast	Cereals & toast	Cereals & toast	Cereals & toast
<b>Snack: 9:30am</b>	Milk	Milk	Milk	Milk	Milk
<b>Lunch: From 11:15am</b>	Chicken curry with rice, cauliflower and sweetcorn	Gammon & chips with baked beans and broccoli	Shepards pie with peas and gravy	Roast beef, Yorkshire pudding, roast potatoes, peas, carrots and gravy	Fish pie, carrots and broccoli
<b>Dessert</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Snack: 2pm</b>	Flavoured rice cakes	Toasted bagel	Water biscuits	Toasted pitta	Multigrain crackers
<b>Tea: 3:45pm</b>	Cheese and crackers with humous and cucumber	Crispy chicken and rice with sweet and sour sauce	Swedish quorn balls, potato croquettes and spaghetti	Courgette and red pepper pasta bake	Open toasties with salad
<b>Pudding</b>	Fromage frais	Fromage frais	Fromage frais	Fromage frais	Fromage frais

ASC	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner: 4pm</b>	No ASC	Gammon & chips with baked beans and broccoli	Ground beef Mexican spiced Tacos with grated cheese and salad.	No ASC	No ASC
<b>Pudding</b>		Fromage frais	Fromage frais		

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: 7am-9am</b>	Cereals & toast	Cereals & toast	Cereals & toast	Cereals & toast	Cereals & toast
<b>Snack: 9:30am</b>	Milk	Milk	Milk	Milk	Milk
<b>Lunch: From 11:15am</b>	Beef lasagne with garlic bread and peas	Lamb kofta kebabs with a red pepper sauce, rice, sweetcorn, pitta, cucumber and homemade tzatziki	Roast chicken with roast potatoes, carrots, brussels sprouts and gravy	Poached salmon, new potatoes and green beans with a lemon, parsley and dill sauce	Beef chilli con carne with rice, carrots, and salsa
<b>Dessert</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Snack: 2pm</b>	Multigrain crackers	Flavoured rice cakes	Toasted bagel	Water biscuits	Toasted pitta
<b>Tea: 3:45pm</b>	Ham & cheese wraps, crisps and cucumber	Beans on toast with cheese	Picnic tea	Pasta & sauce	Fish cakes and spaghetti
<b>Pudding</b>	Fromage frais	Fromage frais	Fromage frais	Fromage frais	Fromage frais

ASC	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner: 4pm</b>	No ASC	Lamb kofta kebabs with a red pepper sauce, rice, sweetcorn, cucumber and homemade tzatziki	Roast chicken with roast potatoes, carrots, brussels sprouts, and gravy	No ASC	No ASC
<b>Pudding</b>		Fromage frais	Fromage frais		

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: 7am-9am</b>	Cereals & toast	Cereals & toast	Cereals & toast	Cereals & toast	Cereals & toast
<b>Snack: 9:30am</b>	Milk	Milk	Milk	Milk	Milk
<b>Lunch: From 11:15am</b>	Beef burger, potato wedges, baked beans and peas	Slow cooked lamb, roasted cauliflower, green beans, roast potatoes and minted gravy.	Beef stroganoff with rice, peas and carrots	Chinese chicken with noodles, carrots and broccoli	Sausage and mash with sweetcorn and gravy
<b>Dessert</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Snack: 2pm</b>	Toasted pitta	Multigrain crackers	Flavoured rice cakes	Toasted bagel	Water biscuits
<b>Tea: 3:45pm</b>	Pizza and salad	Crumpets, toppers and cucumber	Chicken dippers, potato waffle and sweetcorn	Homemade sausage roll and spaghetti	Pasta in cream cheese with broccoli and peas
<b>Pudding</b>	Fromage frais	Fromage frais	Fromage frais	Fromage frais	Fromage frais

ASC	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner: 4pm</b>	No ASC	Slow cooked lamb shoulder, roasted cauliflower, green beans, roast potatoes and minted gravy.	Chicken dippers, waffle and sweetcorn	No ASC	No ASC
<b>Pudding</b>		Fromage frais	Fromage frais		

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