

WEEK 1	Snack	Lunch	Vegetarian option	Dessert	Tea	Vegetarian option
MONDAY	Cheese sticks with tomato slices	Macaroni and cauliflower cheese bake served with spinach and sweetcorn	Macaroni and cauliflower cheese bake served with spinach and sweetcorn	Fresh fruit salad	Muffins with home-made tuna pate and carrot sticks	Toasted muffins with cream cheese and carrot sticks
TUESDAY	Fresh fruit medley	Chicken and vegetable casserole served with roasted butternut squash and colcannon mash	Quorn pieces and vegetable casserole served with roasted butternut squash and colcannon mash	Fruit sorbet	Flatbreads served with cheese, sliced meats and tomato salad	Flatbreads served with cheese, sliced meats and tomato salad
WEDNESDAY	Yoghurt with raspberry puree	Lamb koftas served with mixed vegetable ratatouille, buttered new potatoes and a yoghurt and mint dip	Savoury soya mince with mixed vegetable ratatouille, buttered new potatoes and yoghurt and mint dip	Strawberry cheesecake	Chilled sweet and sour chicken noodles	Chilled sweet and sour tofu noodles
THURSDAY	Melon and strawberries	Thai chicken and vegetable curry served with cous cous	Thai lentil and vegetable curry served with cous cous	Apple, raisin and oat cookies	Russia Salad served with tomato and bean salad and sliced baguette	Russian Salad served with tomato and bean salad and sliced baguette (ensalada made with no tuna)
FRIDAY	Oatcakes and cream cheese	Tagliatelle carbonara with salmon, courgette strips and peas	Tagliatelle carbonara with mushrooms, courgette strips and peas	Home made granola bars	Picnic tea: mixed sandwiches, cheese slices and vegetable sticks	Picnic tea: cheese and spring onion sandwiches, cheese slices and vegetable sticks

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WEEK 2	Snack	Lunch	Vegetarian option	Dessert	Tea	Vegetarian option
MONDAY	Pita bread with crudities	Mushroom stroganoff served with brown rice and peas	Mushroom stroganoff served with brown rice and peas	Banana cake served with a vanilla custard	Cheese and tomato quiche served with fresh baguette and homemade slaw	Cheese and tomato quiche served with fresh baguette and homemade slaw
TUESDAY	Fresh fruit medley	Homemade potato gnocchi with chicken and homemade pesto	Homemade potato gnocchi and Quorn pieces with homemade pesto	Carrot muffins	Buttered bagels served with sliced meats and vegetable crudities	Buttered bagels served with Quorn pieces and sweetcorn in mayonnaise and vegetable crudities
WEDNESDAY	Rice cakes and pepper sticks	Lamb mince and mixed bean chilli served with potato wedges	Mixed bean chilli served with potato wedges	Creamy rice pudding served with a summer berry puree	Lemon chicken wraps with salad	Quorn pieces in a wrap with salad
THURSDAY	Sugar snap peas, carrot sticks and home made tzatziki	Caribbean chicken served with broccoli and sauté potatoes	Caribbean Quorn pieces served with sauté potatoes	Fruit and oat crumble sundaes	Cheese scones served with cream cheese and tomato slices	Cheese scones served with cream cheese and tomato slices
FRIDAY	Sliced apples and sultanas	Cod in a tomato and pepper sauce served with fruity cous cous	Beans and lentils in a tomato and pepper sauce served with fruity cous cous	Bananas and custard with grated chocolate topping	Indian platter: sliced naan bread, meat samosas, rice and dahl	Indian platter: sliced naan bread, vegetable samosas, rice and dahl

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WEEK 3	Snack	Lunch	Vegetarian option	Dessert	Tea	Vegetarian option
MONDAY	Breadsticks and grape halves	Spaghetti primavera with a hidden vegetable sauce served with garlic bread	Spaghetti primavera with a hidden vegetable sauce served with garlic bread	Pineapple upside down cake	Picnic tea: mixed sandwiches, cheese slices and vegetable sticks	Picnic tea: cheese and spring onion sandwiches, cheese slices and vegetable sticks
TUESDAY	Yoghurt with banana slices	Lamb meatballs served with new potatoes and roasted vegetables	Quorn mince meatballs served with new potatoes and roasted vegetables	Fresh fruit salad	Tuna and vegetable pasta salad	Tuna and vegetable pasta salad
WEDNESDAY	Toast and mashed avocado	Chicken and mixed pepper curry served with cauliflower rice and lentil dahl	Chickpea and mushroom curry served with cauliflower rice and lentil dahl	Apple puff triangles with cinnamon	Savory rice salad with spring vegetables	Savory rice salad with spring vegetables
THURSDAY	Fresh fruit medley	Mixed bean, spinach and chicken enchiladas served with sweet potato wedges	Mixed bean, spinach and pepper enchiladas served with sweet potato wedges	Semolina	Mezze platter: aubergine tapenade, cheese slices, olives, sliced pita, homemade humous	Mezze platter: aubergine tapenade, cheese slices, olives, sliced pita, homemade humous
FRIDAY	Orange wedges and pear slices	Cod and haddock gratin served with carrot and potato mash, kale and peas	Lentil and vegetable gratin served with carrot and potato mash, kale and peas	Frozen fruit and yoghurt lollies	Mixed pepper frittata served with potato salad	Mixed pepper frittata served with potato salad

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WEEK 4	Snack	Lunch	Vegetarian option	Dessert	Tea	Vegetarian option
MONDAY	Fresh fruit medley	Chickpea and vegetable curry served with sliced naan breads and raita dip	Chickpea and vegetable curry served with sliced naan breads and raita dip	Peach cobbler served with ice cream	Chicken, sweetcorn and mayonnaise pita pockets served with rocket	Quorn pieces, sweetcorn and mayonnaise pita pockets served with rocket
TUESDAY	Mixed crudities with a cream cheese dip	Lamb moussaka served with garlic bread	Aubergine and soya mince moussaka served with garlic bread	Fruit smoothies	Picnic tea: mixed sandwiches, cheese slices and vegetable sticks	Picnic tea: cheese and spring onion sandwiches, cheese slices and vegetable sticks
WEDNESDAY	Oatcakes with cream cheese	Turkey and spring vegetable paella served with green beans	Spring vegetable paella served with green beans served with feta pieces	Carrot cake with cream cheese frosting	Homemade chicken and cream cheese pate served with wholemeal bread and cucumber slices	Homemade mushroom and cream cheese pate served with wholemeal bread and cucumber slices
THURSDAY	Breadsticks and cheese sticks	Chicken and vegetable fajitas served with tortilla wraps, sour cream and chilled tomato salsa	Vegetable fajitas served with tortilla wraps, sour cream and chilled tomato salsa	Greek yoghurt with blueberries and honey	Chickpea and cous cous salad served with a tzatziki dip	Chickpea and cous cous salad served with a tzatziki dip
FRIDAY	Rice cakes with butter and mashed banana	Tuna and sweetcorn pasta bake in a tomato sauce served with salad	Quorn and vegetable pasta bake in a tomato sauce served with salad	Lemon and sultana cake	Selection of crackers served with cheese slices, olives and tomato slices	Selection of crackers served with cheese slices, olives and tomato slices

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