

Week 1

	Breakfast 246 Kcal	AM Snack 123 Kcal	Lunch 369 Kcal	PM Snack 123 Kcal
Mon	Cereal Toast Fruit	Plain Yoghurt Fruit Dippers	Oven Baked Quorn Dipper, Curry sauce, Boiled Rice, Carrots and Salad Ice cream	Crackers Cheese Fruit
Tues	Porridge Toast Fruit	Boiled Egg Tomato Fruit	Macaroni cheese, Peas and Salad Mousse	Oatcake Tomato Fruit
Wed	Wheat Biscuits Toast Fruit	Pepper Sticks Houmous Fruit	Pizza, Beans, Green Beans and Salad Fresh Fruit Selection	Rice Cake Cream Cheese Fruit
Thurs	Cereal Toast Fruit	Crackers Cream Cheese Fruit	Salmon Savoury Rice, Mixed Vegetables and Salad Flapjack & Custard	Plain Yoghurt Fruit

For Vegetarian diet please substitute fish for cheese / egg / pulses

Week 2

	Breakfast 246 Kcal	AM Snack 123 Kcal	Lunch 369 Kcal	PM Snack 123 Kcal
Mon	Porridge Toast Fruit	Pepper Sticks Cream Cheese Fruit	Salmon Fish Fingers, Baby Boiled Potatoes, Peas and Salad Peach Melba Sponge	Plain Yoghurt Fruit
Tues	Wheat Biscuits Toast Fruit	Rice Cakes Cheese Fruit	Savoury Mince, Boiled Potatoes Cauliflower and Salad Fresh Fruit Selection	Veg Sticks Cream cheese Fruit
Wed	Cereal Toast Fruit	Plain Yoghurt Fruit Dippers	Roast Beef, Yorkshire Pudding, Boiled Potatoes, Carrots and Salad Jelly	Cheese Oatcakes Fruit
Thurs	Porridge Toast Fruit	Oatcakes Spread Cucumber	Baked Potato, Cheese, Beans, Broccoli, and Salad Fresh Fruit Selection	Yoghurt Peaches

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Week 3

	Breakfast 246 Kcal	AM Snack 123 Kcal	Lunch 369 Kcal	PM Snack 123 Kcal
Mon	Wheat Biscuits Toast Fruit	Boiled Egg Tomato Fruit	Tomato Mascarpone Pasta, Beetroot and Salad Ice Cream	Breadsticks Cheese Cubes Veg Sticks
Tues	Cereal Toast Fruit	Plain Yoghurt Fruit Dippers	Vegan Meatballs in Gravy, Yorkshire Pudding, Chips, Peas and Salad Melon	Oatcakes Cream Cheese Fruit
Wed	Porridge Toast Fruit	Crackers Banana Slices	Baked Potato, Quorn Chilli Green Beans and Salad Shortbread	Plain Yoghurt Fruit Dippers
Thurs	Wheat Biscuits Toast Fruit	Rice Cakes Cream Cheese Fruit	Roast Chicken, Baby Boiled Potatoes, Carrots and Salad Apple Sponge & Custard	Pepper Sticks Houmous Fruit

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