

<b>Week 1 August 2024</b>	<b>Monday 5<sup>th</sup></b>	<b>Tuesday 6<sup>th</sup></b>	<b>Wednesday 7<sup>th</sup></b>	<b>Thursday 8<sup>th</sup></b>	<b>Friday 9<sup>th</sup></b>
<b>Breakfast</b>	Cereal & Fresh Fruit	Cereal & Fresh Fruit	Cereal & Fresh Fruit	Cereal & Fresh Fruit	Cereal & Fresh Fruit
<b>Lunch</b>	Red Pepper & Cheese Wraps served with Golden Rice.	Jacket Potato with Cheese and Beans with Side Salad.	Chicken and Vegetable Casserole with New Potatoes and Broccoli.	Macaroni Cheese served Sweetcorn.	Vegetable Curry served with Rice.
<b>Pudding</b>	Fresh Fruit Platter.	Fresh Yoghurt with Fresh Fruits of the Forest.	Melon Cocktail	Fresh Banana Yoghurt.	Seasonal Fruit Salad.
<b>Tea</b>	Scrambled Egg and Toast.	Humus with Pitta Bread & Cucumber & Pepper sticks.	Cream Cheese and Cucumber Sticks.	Mash Avocado served with Crumpets.	Tuna Mayonnaise Sandwiches & Cucumber Sticks

<b>Week 2</b>	<b>Monday 12<sup>th</sup></b>	<b>Tuesday 13<sup>th</sup></b>	<b>Wednesday 14<sup>th</sup></b>	<b>Thursday 15<sup>th</sup></b>	<b>Friday 16<sup>th</sup></b>
<b>Breakfast</b>	Cereal & Fresh Fruit	Cereal & Fresh Fruit	Cereal & Fresh Fruit	Cereal & Fresh Fruit	Cereal & Fresh Fruit
<b>Lunch</b>	Vegetable Bolognese served with Green Beans.	Mackerel and Golden Vegetable Cous Cous.	Jacket Potato with Coleslaw, Cheese and with Side Salad.	Cheesy Tomato Pasta served with Side Salad.	Cheese and Red Pepper Fajitas served with Mexican Rice.
<b>Pudding</b>	Banana Custard.	Fruit Platter	Fresh Yoghurt with Pineapple.	Fresh Banana Yoghurt.	Seasonal Fruit Salad.
<b>Tea</b>	Beans on Toast served with Cherry Tomatoes.	Mini Pizza with Cucumber Batons.	Cheese and Cucumber Pitta Bread.	Crackers with Cream Cheese and Cherry Tomatoes	Banana Sandwiches served with Strawberries.

<b>Week 3</b>	<b>Monday 19<sup>th</sup></b>	<b>Tuesday 20<sup>th</sup></b>	<b>Wednesday 21<sup>st</sup></b>	<b>Thursday 22<sup>nd</sup></b>	<b>Friday 23<sup>rd</sup></b>
<b>Breakfast</b>	Cereal & Fresh Fruit.	Cereal & Fresh Fruit.	Cereal & Fresh Fruit	Cereal & Fresh Fruit.	Cereal & Fresh Fruit.
<b>Lunch</b>	Jacket Potatoes with Cheese & Beans served with Side Salad.	Cheesy Tomato Pasta served with Broccoli	Vegetable Con Carne with Moroccan Cous Cous.	Assorted Wraps with Salad. (Cheese, Hummus and Grated Carrot	Summer Vegetable Soup with Orzo Pasta.
<b>Pudding</b>	Flapjack with Strawberries.	Fresh Strawberry Smoothie.	Fresh Yoghurt with Banana.	Sliced Melon and Blue Berries.	Banana Smoothie.
<b>Tea</b>	Mini Pizza served with Cherry Tomatoes.	English Muffins with Marmite.	Cream Cheese with Cucumber Sticks.	Cheese and Crackers with Fresh Strawberries.	Scrambled egg on toast or Toast and Beans.

<b>Week 4</b>	<b>Monday 26<sup>th</sup></b>	<b>Tuesday 27<sup>th</sup></b>	<b>Wednesday 28<sup>th</sup></b>	<b>Thursday 29<sup>th</sup></b>	<b>Friday 30<sup>th</sup></b>
<b>Breakfast</b>	<b>B A</b>	Cereal & Fresh Fruit.	Cereal & Fresh fruit.	Cereal & Fresh fruit.	Cereal & Fresh fruit.
<b>Lunch</b>	<b>N K</b>	Vegetable Quiche served with Side Salad and New Potatoes.	Assorted Wraps with Salad. (Cheese, Hummus and Grated Carrot	Chicken Pasta Salad served with Cherry Tomatoes and Crusty Bread.	Moroccan Mackerel Cous Cous served with Side Salad.
<b>Pudding</b>	<b>H O</b>	Fresh Yoghurt and Pineapple.	Fruit Platter	Fruit Smoothie	Frozen Yoghurt
<b>Tea</b>	<b>L</b>	Spaghetti Hoops on Wholemeal Toast.	Cream Cheese with Cucumber Sticks.	Cheese and Crackers with Fresh Strawberries	Scrambled Egg on Toast or Toast and Beans served with Cherry Tomatoes

<b>Week 5</b>	<b>Monday 28th</b>	<b>Tuesday 29<sup>th</sup></b>	<b>Wednesday 30<sup>th</sup></b>	<b>Thursday 31st</b>	<b>Friday 1st</b>
<b>Breakfast</b>	Cereal & Fresh fruit.	Cereal & Fresh fruit.	Cereal & Fresh fruit.	Cereal & Fresh fruit.	Cereal & Fresh fruit.
<b>Mid-Morning Snack</b>	Toast with cream cheese.	Wholemeal toast with spread and banana.	Breadsticks and mixed vegetable sticks	Rice cakes with spread and cucumber sticks.	Muffin with cream cheese and cherry tomatoes.
<b>Lunch</b>	Vegetable Quiche served with side salad.	Jacket Potato with tuna mayonnaise served with side salad.	Macaroni Cheese served side salad.	Cheese and red pepper Fajitas.	Mackerel Cous Cous served with side salad.
<b>Pudding</b>	Sliced Melon and blueberries.	Fresh Yoghurt and Pineapple.	Fruit Platter	Fruit Smoothie	Frozen Yoghurt
<b>Tea</b>	Scrambled Egg on toast.	Muffin & Beans	Cream Cheese with Cucumber Sticks.	Cheese and crackers with fresh strawberries	Mini Pizza

