

Theme day		Veggie Day		Sugar Free Day	
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 - Hot meal	Beef or Veggie Burger & Potato Waffles	Macaroni Cheese & Garlic Bread	Roast Gammon (or Quorn), Mash Potato with Gravy	Chicken Curry with Rice & Naan Bread	Fillet of Fish or Veggie Nuggets & Chips
Veg of the day	Baked Beans	Broccoli & Sweetcorn	Cabbage & Carrots	Green Beans & Sweetcorn	Peas / Beans
Option 2	Jacket Potato	Healthy Sandwich with pasta side	Jacket Potato	Healthy Sandwich with pasta side	Jacket Potato
Choice of one filling	Beans ,Ham, Cheese, Tuna mayo, and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Beans ,Ham, Cheese, Tuna mayo, and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Beans ,Ham, Cheese, Tuna mayo, and Egg mayo
Sides	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw
Option 3 Salad Main with pasta side & up to 2 choices of the following :	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo
Dessert					
Option 1	Iced Chocolate Sponge	Paris Sandwich & Custard	Shortbread Biscuit	Fresh Fruit Medley	Raspberry Buns
Option 2	Fruit Pot	Fruit Pot	Fruit Pot		Fruit Pot
Option 3	Yoghurt	Yoghurt	Yoghurt		Yoghurt
Drink	Water	Water	Water	Water	Water
Theme day		Veggie Day		Sugar Free Day	
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 - Hot meal	Cheese & Tomato or Pepperoni Pizza & Potato Waffles	Cheese & Potato Pie with Mash	Special Chilli (Veggie opt) with Rice & Tortilla Chips	Meatballs (or Veggie alternative) in Tomato Sauce & Pasta Shells	Fish Fingers
Veg of the day	Sweetcorn	Sweetcorn / Beans	Carrots & Broccoli	Sweetcorn & Cauliflower	Hot Dogs
Option 2	Jacket Potato	Healthy Sandwich with pasta side	Jacket Potato	Healthy Sandwich with pasta side	Jacket Potato
Choice of one filling	Beans ,Ham, Cheese, Tuna mayo, and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Beans ,Ham, Cheese, Tuna mayo, and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Beans ,Ham, Cheese, Tuna mayo, and Egg mayo
Sides	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw
Option 3 Salad Main with pasta side & up to 2 choices of the following :	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo
Dessert					
Option 1	Iced Sponge Cake	Melting Moment	Fruit Crumble & Custard	Fresh Fruit Medley	Rocky Road Biscuits
Option 2	Fruit Pot	Fruit Pot	Fruit Pot		Fruit Pot
Option 3	Yoghurt	Yoghurt	Yoghurt		Yoghurt
Drink	Water	Water	Water	Water	Water
Theme day		Veggie Day		Sugar Free Day	
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal					
Option 1 - Hot meal	Breakfast Brunch with Baked Beans	Cheese & Tomato Pasta with Grated Carrot & Garlic Bread	Sweet & Sour Chicken (or Quorn), Rice & Prawn Crackers	Pork or Veggie Sausages, Mashed Potato & Gravy	Salmon/ Fishcake and Chips or Veggie nuggets and chips
Veg of the day	Mushrooms	Green Beans	Sweetcorn & Cauliflower	Garden Peas & Carrots	Peas / Beans
Option 2	Jacket Potato	Healthy Sandwich with pasta side	Jacket Potato	Healthy Sandwich with pasta side	Jacket Potato
Choice of one filling	Beans ,Ham, Cheese, Tuna mayo, and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Beans ,Ham, Cheese, Tuna mayo, and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Beans ,Ham, Cheese, Tuna mayo, and Egg mayo
Sides	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw	Slice of Crusty Bread, Salad and Coleslaw
Option 3 Salad Main with pasta side & up to 2 choices of the following :	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo	Ham, Cheese, Tuna mayo, Egg and Egg mayo
Dessert					
Option 1	Toffee Sponge & Custard	Apple Flapjack & Custard	Choc Chip Cookie	Fresh Fruit Medley	Jelly
Option 2	Fruit Pot	Fruit Pot	Fruit Pot		Fruit Pot
Option 3	Yoghurt	Yoghurt	Yoghurt		Yoghurt
Drink	Water	Water	Water	Water	Water