

Weekly Meals Menu

Week #1

Meal Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🥞	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oat	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats
AM Snack 🍎	Crackers with butter	Breadsticks with cream cheese	Rice cakes with cream cheese	Crackers with tomato slices	Homemade biscuits
Lunch 🍲	Caribbean brown stew Quorn Chicken served with white rice & peas cabbage and carrots	Quorn Mince Moussaka or Lentil Moussaka with garlic bread and mixed veg/or salad	Rasta Pasta	Pea & Broad Bean bulgar Risotto	Fish Fingers or Plain Fish Strips with Potato Wedges and Sweet corn
Dessert 🍰	Fresh Fruit	Yogurt	Sponge Cake & Custard	Fresh Fruit Salad	Fruits
AM Snack 🍌	Apple slices	Banana halves	Cucumber sticks	Pear slices	Orange wedges
Tea 🍵	Vegetable Cous Cous	Vegetable Soup	BBQ Baked Beans with buttered Bread	Spaghetti in Tomato Sauce	Cheese Sandwiches
PM Fruit 🍇	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea 🍵	Vegetable Cous Cous	Vegetable Soup	BBQ Baked Beans with buttered Bread	Spaghetti in Tomato Sauce	Chef Choice

Week #2

Meal Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🥞	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats
AM Snack 🍎	Breadsticks with butter	Crackers with cream cheese	Rice cakes with tomatoes	Crackers with cucumber slices	Homemade biscuits
Lunch 🍲	BBQ chicken or (BBQ Quorn pieces) with potatoes and mixed vegetables.	Chickpea and spinach curry with white rice	tomato and pepper sauce with Pasta and green beans	Cauliflower, Broccoli & Potato Bake	Fish Fingers or Plain Fish Strips with Potato Wedges or chips and Sweet corn
Dessert 🍰	Fruits	Sponge Cake and custard	Yogurt	Fruits	Shortbread Biscuit
PM Snack 🍌	Banana slices	Apple wedges	Cucumber rounds	Pear quarters	Orange slices
Tea 🍵	Butternut Squash Soup	Cheese sandwiches	Moroccan cous cous	Bulgar wheat with tomato sauce	Minestrone broth
PM Fruit 🍇	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea 🍵	Butternut Squash Soup	Cheese sandwiches	Moroccan cous cous	Bulgar wheat with tomato sauce	Minestrone broth

Week #3

Meal Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🥞	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oat	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats
AM Snack 🍎	Rice cakes with butter	Crackers with cucumber & tomato	Breadsticks with cream cheese	Rice cakes with cream cheese	Homemade biscuits
Lunch 🍲	Irish Stew	Spaghetis Bolognese & Mixed Vegetable	Sweet Potato Tikka Masala , green peas and Rice	Shepard Pie with Mixed Vegetable.	Fish Fingers or Plain Fish Strips with Potato Wedges or chips and Sweet corn
Dessert 🍰	Fresh Melon	Apple Cake and Custard	Fresh Fruit	Yogurt	Fresh Fruit
PM Snack 🍌	Apple slices	Banana pieces	Pear wedges	Orange segments	Cucumber sticks
Tea 🍵	Leek and Potato Soup	Cheese and Spinach Muffins	Veggie Noodle Stir Fry	Mini pizza	Fruity Buttermilk Pancakes
PM Fruit 🍇	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea 🍵	Leek and Potato Soup	Cheese and Spinach Muffins	Veggie Noodle Stir Fry	Mini pizza	Fruity Buttermilk Pancakes

Week #4

Meal Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🥞	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oat	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats
AM Snack 🍎	Breadsticks with butter	Crackers with cream cheese	Rice cakes with tomato slices	Crackers with cucumber slices	Homemade biscuits
Lunch 🍲	Beef and mushroom stroganoff (or bean and mushroom stoganoff with white rice	Cod, potato and spinach curry (or lentil potato and spinach curry with cous cous	Vegetable Creamy Sauce with Bulgar Wheat	Chicken and vegetable pie or (cheese and vegetable pie) with boiled potatoes and mixed vegetables	Fish Fingers or Plain Fish Strips with Potato Wedges and Sweet corn
Dessert 🍰	Yogurt	Fruits	Apple Crumble & Custard	Fresh Fruit	Fruits
PM Snack 🍌	Orange wedges	Apple slices	Banana halves	Pear slices	Cucumber & tomato rounds
Tea 🍵	Lentil & Mint Soup served with Butter bread	Fruity Rocky Cakes	Cheese Sandwiches	Veggies Curry Wrap	Vegetable bulger wheat
PM Fruit 🍇	Fresh Fruit	Fresh Fruit	Fresh Fruit	Banana and Custard	Fresh Fruit
Baby Tea 🍵	Lentil & Mint Soup served with Butter bread	Chef Choice	Chef Choice	Veggei Curry Wrap	Vegetable bulger wheat

Week #5

Meal Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🥞	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oat	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats
AM Snack 🍎	Crackers with butter	Breadsticks with cream cheese	Rice cakes with cream cheese	Crackers with tomato slices	Homemade biscuits
Lunch 🍲	Chickpea and vegetable biryani	Roast chicken (or Quorn fillet with roast potatoes , root vegetables in gravy.	Haddock and salmon pie and runner beans	Mixed Bean Tagina with Vegetable Couscous	Chicken nuggets with Potato Wedges or chips and Sweet corn
Dessert 🍰	Fresh Fruit	Yogurt	Fruits	Chocolate cake and custard	Fruits
PM Snack 🍌	Apple slices	Banana halves	Cucumber sticks	Pear slices	Orange wedges
Tea 🍵	Tomato & Basil Spaghetti	Parsnip buterbean and apple soup with wholemeal bread and spread	Stir Fry Rice	Cucumber Sandwiches	Spinach Floretine Pasta
PM Fruit 🍇	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea 🍵	Tomato & Basil Spaghetti	Parsnip buterbean and apple soup with bread	Stir Fry Rice	Chef Choice	Spinach Floretine Pasta

Week #6

Meal Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🥞	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oat	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats
AM Snack 🍎	Breadsticks with butter	Crackers with cream cheese	Rice cakes with tomatoes	Crackers with cucumber slices	Homemade biscuits
Lunch 🍲	vegetable hotpot (or quorn and leek hotpot) with broccoli	Beef lasagne or tomato and lentil lasagne with garlic bread and greens	Chicken nugget with Potato Wedges and Sweet corn & peas	Chilli Con carne with Rice,mixed vegetable	Fish Fingers or Plain Fish Strips with Potato Wedges and Sweet corn
Dessert 🍰	Fresh Fruit	Yogurt	Fresh Fruit	Cherry Pie & Custard	Fruits
PM Snack 🍌	Banana slices	Apple wedges	Cucumber rounds	Pear quarters	Orange slices
Tea 🍵	Butternut Squash Soup	Savoury pancakes	Beans on Toast	Cheese Sandwiches	Tomato and cheese pizza
PM Fruit 🍇	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea 🍵	Butternut Squash Soup	Savoury Potato	Beans on Toast	Chef Choice	Tomato and cheese pizza

Week #7

Meal Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🥞	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oat	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats
AM Snack 🍎	Rice cakes with butter	Crackers with cucumber & tomato	Breadsticks with cream cheese	Rice cakes with cream cheese	Homemade biscuits
Lunch 🍲	Three Bean & chickpea Korma with rice	lentil ratouille with white pasta	Bubble and Squeak served with Carrots	Mac n cheese served with carrots and sweetcorn	Fish Fingers or Plain Fish Strips with Potato Wedges and Sweet corn
Dessert 🍰	Fresh Fruit	Jelly & Ice Cream	Fresh fruits	Yogurt	Apple Pie served with custard
PM Snack 🍌	Apple slices	Banana pieces	Pear wedges	Orange segments	Cucumber sticks
Tea 🍵	Vegetable Noodle soup	Cornish pasties	Chicken Sandwiches	Home Made Pizza	Scones
PM Fruit 🍇	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea 🍵	Vegetable Noodle soup	Chef Choice	Chicken Sandwiches	Home Made Pizza	Scones

Week #8

Meal Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🥞	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oat	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats
AM Snack 🍎	Breadsticks with butter	Crackers with cream cheese	Rice cakes with tomato slices	Crackers with cucumber slices	Homemade biscuits
Lunch 🍲	Cottage Pie Served mixed Vegetable	vegetable stir fry noodles	Garlic and herb chicken served with broccoli & Cauliflower on a bed of white rice	Morning Star Fish Pie Served with Runner Beans	Fish Fingers or Plain Fish Strips with Potato Wedges and Sweet corn
Dessert 🍰	Fresh Fruit	Jam Tart served with ice cream or custard	Fresh Fruits	Fresh Fruits	Yoghurt
PM Snack 🍌	Orange wedges	Apple slices	Banana halves	Pear slices	Cucumber & tomato rounds
Tea 🍵	Springs Rolls	Bread Pudding	Courgette Fritta	cheese Sandwiches	Savoury Rice
PM Fruit 🍇	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea 🍵	Springs Rolls	Bread Pudding	Courgette Fritta	Chef Choice	Savoury Rice

Week #9

Meal Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🥞	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oat	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats	Selection of Cereal Rice Krispies/Weetabix/cornflakes/oats
AM Snack 🍎	Crackers with butter	Breadsticks with cream cheese	Rice cakes with cream cheese	Crackers with tomato slices	Homemade biscuits
Lunch 🍲	Vegetable Jollof Rice	Chicken and tomato Orzo bake	Herby tomato Chick Pea with potatoes	Tuna and sweet corn pasta bake	Fish Fingers or Plain Fish Strips with Potato Wedges and Sweet corn
Dessert 🍰	Fresh Fruit	Fruit Salad	Yoghurt	Fresh Fruits	Fruits
PM Snack 🍌	Apple slices	Banana halves	Cucumber sticks	Pear slices	Orange wedges
Tea 🍵	Banana Bread	Savoury Scone	Vegetable Soup	BBQ vegetable pizza	Cheese Sandwiches
PM Fruit 🍇	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Baby Tea 🍵	Chefs choice	Chefs choice soup	Rice pudding	BBQ vegetable pizza	Cheese Sandwiches