



# Weekly Meal Planner

## Week 1

Day	Main Lunch	Vegetarian	Dessert	Tea
Monday	Egg/macaroni pie steamed broccoli	Same as main lunch	Greek yoghurt and apple compote	Cucumber and cream cheese whole meal bread sandwiches, Fresh fruit or veg from fruit bowl. Milk or water
Tuesday	Lamb stew with vegetables (leeks, carrots, fennel and sweet peppers) served with bulger wheat	Chickpea stew served with vegetables (leeks, carrots, fennel and sweet peppers) served with bulger wheat	Fresh Fruit salad	Homemade scones Fresh fruit or veg from fruit bowl Milk or water
Wednesday	Lentil, aubergine, onion, sweet potatoes, courgette and spinach Moussaka with tossed salad and garlic bread.	Same as main lunch	Ice cream with fruit	Beef and vegetarian burgers in a bun Fresh fruit or veg from fruit bowl Milk or water
Thursday	Grilled chicken drumsticks with potatoes wedges and roast carrots with gravy	Roasted vegetables and vegan nuggets with roasted potatoes wedges, carrots, and gravy.	Lemon cake and custard	Cucumber, cherry tomatoes, carrots, olives, crackers and cream cheese. Fresh fruit or veg from fruit bowl Milk or water
Friday	Oven baked haddock fillets with pepper sauce served with spring onion rice, peas and sweetcorn.	Mixed beans stew with spring onion rice rice, peas and sweetcorn.	Semolina pudding	Selection of cereal Fresh fruit or veg from fruit bowl Milk or water

During the day children have access to fresh water provided in water bottles for the older children and beakers for the younger children and plain milk is also on offer.



# Weekly Meal Planner

## Week 2

Day	Main Lunch	Vegetarian	Dessert	Tea
Monday	Pasta with tomato sauce, garlic bread, grated cheese & steamed broccoli	Same as main lunch	Carrot and coconut sponge cake with custard	Chicken wrap, vegetable wrap with salad. Fresh fruit or veg from fruit bowl Milk or water
Tuesday	Roast chicken drumsticks with oven baked potatoes, braised cabbage, green beans, sugar snaps	Oven baked vegetables chickpeas, sweet potatoes with braised cabbage, green beans, sugar snaps	Fresh fruit salad	Vegetarian pizza Fresh fruit or veg from fruit bowl Milk or water
Wednesday	Vegetable & lentil lasagne with mixed salad	Same as main lunch	Greek yoghurt and pear compete	Pumpkin and potato soup with petit pain. Fresh fruit or veg from fruit bowl Milk or water
Thursday	Minced beef stew steamed rice and broccoli	Vegetarian meatballs with steam rice and broccoli	Vegetarian jelly with fruit	Bagel and cream cheese with cherry tomatoes and cucumber. Fresh fruit or veg from fruit bowl Milk or water
Friday	Oven baked cod fillet with baked potatoes, parsley sauce, peas and sweetcorn	Ratatouille with tofu oven baked potatoes, peas and sweetcorn.	Milky rice pudding	Cereal and Milk Fresh fruit or veg from fruit bowl Milk or water

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# Weekly Meal Planner

## Week 3

Day	Main Lunch	Vegetarian	Dessert	Tea
Monday	Vegetable with egg noodles Grilled chicken strips	Vegetables & Tofu with rice noodle	Greek yoghurt with apricot puree	Vegetarian pizza. Fresh fruit or veg from fruit bowl Milk or water
Tuesday	Beef with ratatouille and bulgar wheat	Vegetarian sausage with ratatouille and bulgar wheat	Fresh fruit salad	Homemade flapjack with carrot and cucumber sticks and milk Fresh fruit or veg from fruit bowl Milk or water
Wednesday	Roast lamb with roasted potatoes, broccoli and carrots	Vegetarian loaf with roasted potatoes, broccoli and carrots	Apple crumble with custard	Lentil and carrot soup with petit pain. Fresh fruit or veg from fruit bowl Milk or water
Thursday	Blackeye bean casserole with rice and cauliflower	Same as lunch one	Greek yoghurt and berries	Sandwich selection of cheese and chicken with whole meal bread Fresh fruit or veg from fruit bowl Milk or water
Friday	Poached salmon with Parmenter potatoes, parsley sauce, peas, and sweetcorn	Lentil and spinach dahl with Parmenter potatoes, peas, and sweetcorn	Semolina pudding	Cereal and Milk Fresh fruit or veg from fruit bowl Milk or water

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# Weekly Meal Planner

## Week 4

Day	Main Lunch	Vegetarian	Dessert	Tea
Monday	Gammon pasta bake garlic bread, grated cheese & steamed broccoli	Pasta with butter beans, tomato sauce, garlic bread, grated cheese & steamed broccoli	Greek yoghurt with seasonal fruit	Falafel, houmous and pitta bread Fresh fruit or veg from fruit bowl Milk or water
Tuesday	Sausages with mash Carrots and gravy	Vegetarian sausages with mash Carrots and gravy	Fresh Fruit salad	Butternut squash soup with petit pain. Fresh fruit or veg from fruit bowl. Milk or water
Wednesday	Roast chicken drumsticks with vegetable stew and rice	Vegetable lentil stew and rice	Sponge cake and custard	Carrot, cherry tomatoes and cucumber sticks with cream cheese and crackers. Fresh fruit or veg from fruit bowl Milk or water
Thursday	Spaghetti Bolognese with cheese and broccoli	Vegetable Bolognese with spaghetti, cheese and broccoli	Vegetarian Fruit Jelly with fruit	Minced chicken Kofta/vegetarian kofta with pitta bread Fresh fruit or veg from fruit bowl Milk or water
Friday	Poached salmon with Parmenter potatoes, parsley sauce, peas, and sweetcorn	Lentil and spinach dahl with Parmenter potatoes, peas, and sweetcorn	Semolina pudding	Cereal and Milk Fresh fruit or veg from fruit bowl Milk or water

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