

Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Cereal; Weetabix White Toast and Water or Juice	Cereal; Readybrek Homemade scones and Water or Juice	Cereal; Weetabix, Homemade Brown Bread and Water or Juice	Cereal; Readybrek, Brown Toast and Water or Juice	Cereal; Weetabix White Toast with Water or Juice
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Dinner

Sausages, Mashed potato and carrots with gravy	Shepard's pie	cheesy chicken with rice and peas and sweetcorn	Boiled ham with potatoes, turnip and white sauce	Beef stew with vegetables
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Dessert

Rice Krispie bun	Jelly	Banana Slices and custard	apple strudel and ice-cream	Strawberry mousse
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Drink

Juice or water	Juice or water	Juice or water	Juice or water	Juice or water
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Tea

Crackers with cheese and jam, grapes and yogurts	Baked beans and toast	Apple bread with fresh fruit and yogurts	Vegetable soup and brown bread	Pasta with red and white sauce and fresh white roll
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Drink

Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
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Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Cereal; Readybrek Brown Toast and Water or Juice	Cereal; Weetabix Homemade Brown bread and Water or Juice	Cereal; Readybrek Homemade scones and Water or Juice	Cereal; Weetabix White Toast and Water or Juice	Cereal; Readybrek Brown Toast with Water or Juice
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Dinner

Chicken goujons, chips and beans	Boiled Ham with mashed potato and turnip and white sauce	Pasta Bolognese	Beef stew with potatoes and vegetables	Pasta scillian and chicken with sweetcorn
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Dessert

Banana slices and custard	Natural yogurt and pureed fruit with honey	Jelly	Strawberry mousse	Sponge cake
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Drink

Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
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Tea

fresh sandwiches with tuna and mayonnaise, ham and cheese and slices of apple	Homemade Vegetable soup with brown bread	coucous with fresh ham and white roll	Digestive biscuits and rich tea biscuits with cheese slices and apple	Waffles and Baked beans
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Drink

Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
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Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Cereal; Weetabix	Cereal; Readybrek	Cereal; Weetabix	Cereal; Readybrek	Cereal; Weetabix
White Toast and Water or Juice	Homemade scones and Water or Juice	Homemade Brown Bread and Water or Juice	Brown Toast and Water or Juice	White Toast with water or Juice

Dinner

Boiled ham with potaoes, mashed carrot and parsnip and white sauce	Fish fingers and chips and sweetcorn	Beef stew, potatoes and vegetables	Chicken curry and rice with noodles	Pasta Bolognese
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Dessert

Ice-Cream	rice pudding and jam	rice krispie bun	Apple slices and custard	strawberry milk shake
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Drink

Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
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Tea

Cheese chunks, grapes, crackers and rice cakes	Home-made scones with sliced banana	spaghetti hoops and croquettes	Selection of sandwiches and yogurts	Vegetable soup and brown bread
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Drink

Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
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Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Ceral; Weetabix White Toast and Milk	Ceral; Readybrek Homemade scones and Milk	Ceral; Weetabix Homemade Brown Bread and Milk	Ceral; Ready brek Brown Toast and Milk	Ceral; Weetabix White Toast with Milk
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Dinner

Chicken goujons, potatoes and beans (Chips to try)	Beef Stew with Boiled Potatoes, broccoli carrots and parsnip	Bolognese and potatoes (Pasta to try)	Chicken curry with potatoes (Rice to try)	Boiled ham with creamy potatoes, turnip and white sauce
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Dessert

Apple slices and yogurts	Ice-Cream	Stewed apple with custard	Rice krispie bun	Jelly
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Drink

Water	Water	Water	Water	Water
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Tea

Vegetable soup with brown scone	Liga and pureed pear	Sausages and beans with homemade brown bread	Mashed banana and yogurts	Spaghetti hoops and toast
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Drink

Milk	Milk	Milk	Milk	Milk
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Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Ceral; Readybrek Brown Toast and Fruit Juice	Ceral; Weetabix Homemade Brown bread and Fruit Juice	Ceral; Readybrek Homemade scones and Fruit Juice	Ceral; Weetabix White Toast and Fruit Juice	Ceral;Readybrek Brown Toast with Fruit Juice
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Dinner

Fresh cod fish fingers with mashed potato and sweetcorn and white sauce	Chicken with potatoes, Broccoli, carrots and Gravy	Boiled Ham with creamy potatoes, cabbage and white sauce	Bolognese sauce with potatoes and vegetables (pasta to try)	Beef casserole with potatoes, onions, carrots
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Dessert

Ice-cream	Strawberry mousse	Queen cakes	Ice-cream	Banana and custard
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Drink

Water	Water	Water	Water	Water
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Tea

Semolina and pear	Homemade Vegetable soup with brown bread	Pasta with red and white sauce and slices of fresh white roll	Spaghetti hoops and toast	Custard and rusk
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Drink

Milk	Milk	Milk	Milk	Milk
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Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Ceral; Readybrek Brown Toast and Fruit Juice	Ceral; Weetabix Homemade Brown bread and Fruit Juice	Ceral; Readybrek Homemade scones and Fruit Juice	Ceral; Weetabix White Toast and Fruit Juice	Ceral;Readybrek Brown Toast with Fruit Juice
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Dinner

Boiled ham with potatoes, turnip and white sauce	Chicken with potatoes and vegetables (Pasta to try)	Shepard's Pie	Chicken Chasseur with potatoes, onion and carrots	Beef curry with potatoes (Pasta to try)
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Dessert

Banana and semolina	Rice krispie bun	Jelly	Ice-Cream and fruit salad	Strawberry Mousse
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Drink

Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
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Tea

Waffles with baked beans	stewed apple and rusk	Vegetable soup	Mashed banana and yogurt	Home made vegetable soup
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Drink

Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
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Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Ceral; Weetabix White Toast and Water	Ceral; Readybrek Brown toast and water	Ceral; Weetabix White toast and water	Ceral; Ready brek Brown Toast and water	Ceral; Weetabix White Toast with water
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Dinner

Fresh cod fish fingers with potatoes, carrots and white sauce	Shepard's pie	Chicken with potatoes and vegetables	Boiled ham with potatoes, turnips and white sauce	Beef stew with vegetables
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Drink

Water	Water	Water	Water	Water
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Tea

Mashed banana and liga	Semolina and pureed pear	Yogurts and pureed apple	Vegetable soup	Rusk and mashed banana
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Finger food during the week will be; Grapes, grated apple, cheese and pear

Drink

Water	Water	Water	Water	Water
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Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Ceral; Readybrek Brown Toast and water	Ceral; Weetabix White Toast and water	Ceral; Readybrek Brown Toast and water	Ceral; Weetabix White Toast and water	Ceral;Readybrek Brown Toast and water
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Dinner

Chicken goujons with poatoes and beans	Boiled ham with potatoes, turnips and white sauce	Mince with potatoes, vegetables	Beef stew with vegetables	Chicken with mashed potatoes, vegetables and gravy
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Drink

Water	Water	Water	Water	Water
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Tea

Custard with pureed peach	Home made Vegetable Soup	liga with pureed pear	Mashed banana and yogurt	Semolina and pureed apple
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Finger food during the week will be; Grapes, grated apple, cheese and pear

Drink

Water	Water	Water	Water	Water
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Week 3

Breakfast

Ceral; Readybrek White Toast and Water	Ceral; Weetabix Brown toast and water	Ceral; Readybrek White toast and water	Ceral; Weetabix Brown Toast and Milk	Ceral;Readybrek White Toast with Milk
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Dinner

Boiled ham with creamy potatoes, turnip and white sauce	Fresh cod fish fingers with potatoes,sweetcorn and white sauce	Beef stew with vegetables	Chicken with potatoes, vegetables and gravy	Mince with potatoes and vegetables
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Drink

Water	Water	Water	Water	Water
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Tea

Yogurts and pureed apple	Mashed ligu with peach	Mashed banana and custard	Rusk and pureed pear	Homemade Vegetable soup
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Finger food during the week will be; Grapes, grated apple, cheese and pear

Drink

Water	Water	Water	Water	Water
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Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Older children</i>					
Breakfast	Readybrek Toast and Juice	Brown Scones and Juice	Weetabix Homemade Bread and Juice	Weetabix Toast Juice	White and Readybrek Brown Toast and Juice
Dinner	Chicken Goujons, Chips and beans	Boiled Ham, Potatoes, Turnip and white sauce	Pasta Bolognese	Beef stew with fresh potatoes and Vegetables	Pasta Scillian with chicken and sweetcorn
Dessert	Banana slices and Custard Juice or water	Jelly Juice or water	Natural yogurt with pureed strawberries and honey Juice or water	Home-made sponge cake Juice or water	Strawberry Mousse juice or water
Tea	Toasted Bagels with cream chese and ham and apple slices Milk or water	Home-made vegetable soup and brown bread Milk or water	Couscous with fresh ham and white roll Milk or water	Apple bread and bread and butter with pear chunks and yogurt Milk or water	Waffles and baked beans Milk or water
<i>Babies</i>					
Dinner	Chicken Goujons with potatoes and beans Water	Ham, Potatoes, Turnip and White sauce Water	Bolognese sauce with Poatoes Water	Beef stew with fresh potatoes and Vegetables Water	Scillian Chicken with potatoes and sweetcorn Water
Finger food	Chips		Pasta		Pasta
Tea	Stewed apple, pear, rasins and cinnamon and custard water	Home-made vegetable soup Water	Natural Yogurt with pureed strawberries Water	Mashed Rusk with pureed mango Water	Cheesy beans Water
Finger Food	Waffles	Brown Bread	Liga Biscuit	Apple bread	grapes

Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Older children</i>					
Breakfast	Weetabix White Toast and Juice	Readybrek Homemade Brown Bread and Juice	Weetabix Brown Toast and Juice	Readybrek Fresh Scones and Juice	Weetabix Brown Toast and Juice
Dinner	Boiled Ham with turnip and potatoes and white sauce	Fish Fingers with Chips and sweetcorn	Beef Stew with fresh vegeatbles and potatoes	Chicken Curry with rice and noodles	Cottage Pie
Dessert	Fruit cocktail and Ice-Cream Juice or water	Rice pudding with Jam Juice or water	Fruit Platter; Melon and grapes Juice or water	Rice krispie bun Juice or water	Strawberry milkshake Juice or water
Tea	Home-made vegetable soup with bread and butter Milk or water	Crackers with chese or jam with grapes and yogurt Milk or water	Selection of sandwiches; tuna and mayonaise, cheese or ham and apple slices Milk or water	Spaghetti hoops with Croquettes Milk or water	Pasta with dipping sauce Milk or Water
<i>Babies</i>					
Dinner	Boiled Ham with Turnip and potatoes and white sauce Water	Fish fingers with mashed potatoes and sweetcorn Water	Beef Stew with fresh vegetables and potatoes Water	Mild Chicken curry with potatoes Water	Cottage Pie Water
Finger food		Chips		Rice and Noodles	
Tea	Home-made vegetable soup Water	Rice Pudding with pureed Pear Water	Custard and pureed peach	Spaghetti hoops with Croquettes Water	Pureed Strawberries with mashed liga Water
Finger Food	Bread and Butter	Cheese	Melon	Scones	Grapes

Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Older children</i>					
Breakfast	Ready brek Toast and juice	Brown Weetabix Fresh Scones and juice	Readybrek Homemade Brown bread and juice	Weetabix Brown toast and juice	Readybrek toast and White juice
Dinner	Sausages with mashed potato, peas and gravy Juice or water	Cheesy chicken with Mashed potato and sweetcorn Juice or water	Ham, Potato, turnip and white sauce Juice or water	Pasta bolognese Juice or water	Roast chicken with potato, mashed carrot and sweet potato and broccoli and gravy Juice or water
Dessert	Mousse	Ice-cream cone	Chocolate and orange muffins	Natural yogurt with pureed strawberries and honey	Apple sponge
Tea	Selection of sandwiches; cheese, ham and banana and some grapes Milk or water	Spaghetti hoops and toast Milk or water	Toasted fruit bread and brown toast with banana slices and a yogurt Milk or water	Banana and apple slices with white roll Milk or water	Cheese and grapes with crackers and rice cakes Milk or water
<i>Babies</i>					
Dinner	Fresh cod fish fingers with potatoes, peas and white sauce Water	Cheesy chicken with potatoes and sweetcorn Water	Ham, Potato, turnip and white sauce Water	Bolognese with potato Water	Roast chicken with potato, mashed carrot and sweet potato, broccoli and gravy Water
Finger food		Rice		Pasta	
Tea	Banana and custard Water	Spaghetti hoops Water	Mashed rusk with pureed pear Water	Natural yogurt with pureed strawberries Water	Stewed apple with semolina Water
Finger Food	Grapes	Toast	Cheese	Grated apple	Liga biscuit