

Week One

	Breakfast (8:00-8:45)	Morning Snack (10:00)	Lunch (12:00)	Afternoon Snack (14:30)	Dinner (16:00-16:30)
Monday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Chicken penne arrabiata</b>	Variety of fruit & savoury snacks	<b>Chicken roast dinner</b>
Tuesday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Teriyaki chicken rice &amp; broccoli</b>	Variety of fruit & savoury snacks	<b>BBQ burgers &amp; mixed veg</b>
Wednesday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Jacket potatoes &amp; beans</b>	Variety of fruit & savoury snacks	<b>Garlic chicken stir fry</b>
Thursday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Salmon, pasta &amp; broccoli</b>	Variety of fruit & savoury snacks	<b>Mushroom risotto</b>
Friday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Cod, rice &amp; peas with sweetcorn</b>	Variety of fruit & savoury snacks	<b>Dairy free casserole</b>

Week Two

	Breakfast (8:00-8:45)	Morning Snack (10:00)	Lunch (12:00)	Afternoon Snack (14:30)	Dinner (16:00-16:30)
Monday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Turkey spaghetti bolognese</b>	Variety of fruit & savoury snacks	<b>Vegetable paella</b>
Tuesday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Fish fingers, rice &amp; sweetcorn</b>	Variety of fruit & savoury snacks	<b>Honey glazed chicken with peas</b>
Wednesday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Mini chicken roast</b>	Variety of fruit & savoury snacks	<b>Dairy free katsu curry</b>
Thursday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Salmon, broccoli &amp; rice</b>	Variety of fruit & savoury snacks	<b>Chilli con carne &amp; rice</b>
Friday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Dairy free tuna pasta</b>	Variety of fruit & savoury snacks	<b>Red lentil dahl</b>

Week Three

	Breakfast (8:00-8:45)	Morning Snack (10:00)	Lunch (12:00)	Afternoon Snack (14:30)	Dinner (16:00-16:30)
Monday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Chickpea curry</b>	Variety of fruit & savoury snacks	<b>Chorizo &amp; pea pasta</b>
Tuesday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Turkey mince &amp; garlic smashed potatoes</b>	Variety of fruit & savoury snacks	<b>Dairy free pasta bake</b>
Wednesday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>BBQ chicken &amp; rice</b>	Variety of fruit & savoury snacks	<b>Tuna, dairy free mayo jacket potato</b>
Thursday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Sweet mash shepherd's pie</b>	Variety of fruit & savoury snacks	<b>Sweet &amp; sour chicken with rice</b>
Friday	Variety of cereals, toast & fruit	Variety of fruit & savoury snacks	<b>Sausage, mash &amp; gravy</b>	Variety of fruit & savoury snacks	<b>Chicken shish &amp; rice</b>