

Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast
Morning Snack	Cream Cracker Peach and Pineapple	Rice cakes Banana and Grapes	Hovis Biscuit Apricot and blueberry	Butter Puff Pear and Melon	Breadsticks Cucumber and Pineapple
Lunch	Crispy Fish Cake Homemade Tomato Spaghetti Garden Peas Fromage Frais	Beef and Onion Slice New Potatoes Mixed Vegetables and Gravy Custard Topped Fruit Pot	Chicken a la king Long grain rice Broccoli Fruit Yogurt	Norfolk Pie Sweetcorn Fruit Cocktail	Bacon and Pepper Ratatouille on Baked Potato with cheese Garden peas Fruit Jelly
Afternoon Tea	Cheddar Cheese Sandwiches Green Salad Seasonal Fresh Fruit	Sausage and Vegetable Pickups, with Cheese Dip, and French Bread Traditional Flapjack	Ham Rolls Carrot and Sweetcorn Salad Courgette cake	Ploughman's Tea Fromage Frais	Fish Fingers Baked Beans Coleslaw Yogurt and Banana Softies

Occasionally dishes may change to accommodate deliveries and seasonal availability of fresh food

Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast
Morning Snack	Breadsticks Apple and Pear	Cream Cracker Banana and Grapes	Rice cakes Pear and Strawberries	Cracker snack Peaches and Banana	Cornish Wafer Melon and Apricot
Lunch	Pork Sausage Croquette Potatoes Baked beans Fruit Cocktail	Mexican Pie Broccoli Fruit Yogurt	Turkey and Pasta Bake Mixed vegetables Banana Split	Sweet Chilli Chicken and Basmati Rice Garden Peas Fromage Frais	Fish Fingers Creamed potatoes Sweetcorn Custard topped fruit pot
Afternoon Tea	Chicken and Sweetcorn Pasta salad Date Krispies	Tuna or Egg Mayonnaise Finger Roll Cucumber slices Malt Loaf and Orange	Ploughman's Tea Fromage Frais	Cheddar Cheese Sandwiches Carrot and Raisin Salad Farmhouse Parsnip and Apple Muffins	Pizza Buns Green Salad Lemon Lovelies

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Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast
Morning Snack	Rice cakes Pineapple and Apricot	Bread sticks Smoked Mackerel Dip Apple and Oranges	Cream cracker Melon and Peach	Hovis Biscuit Banana and Blueberry	Marmite fingers Cucumber and Apple
Lunch	Beef and Vegetable Chilli Jacket Wedges Sweetcorn Peach Sundae	Roast Chicken Roast potatoes Peas, Carrots and Gravy Fromage Frais	Salmon and cod Fish Cake Creamed Potatoes Baked beans Fruit Jelly	Meatballs with Spaghetti Garden Peas Fruit Cocktail	Shepherd's Pie Green beans Fruit Yogurt
Afternoon Tea	Pizza Slice Carrot Sticks Cherry Flapjack	Cheddar Cheese Roll Cucumber Slices Five Fruit Loaf	Ham Sandwiches Mangetout Banana and Oat Muffins	Cheese and Oat Scones Dairy lea triangles Fromage Frais	Sausage and Bean Melts Carrot and Pineapple salad Seasonal Fresh Fruit

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Week Four



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast
Morning Snack	Carrot and Tomato Rounds with Cheese dip Peaches and Pear	Malt loaf Strawberries and Melon	Sardine Savories Cucumber and apple	Cream cracker Apricot and Grapes	Breadsticks Banana and Pineapple
Lunch	Mediterranean Vegetable Gratin Garden Peas Fruit yogurt	Pork Sausage New Potatoes Mixed vegetables Pineapple and Vanilla Icecream	Lamb Dhansak Basmati Rice Green Beans Flat bread Custard Topped Fruit Pot	Fisherman's Pie Garden Peas Fruit Jelly	Roast Chicken Herby New Potatoes Broccoli and Carrots Fromage Frais
Afternoon Tea	Ham Sandwiches Cucumber Slices Applesauce Muffins	Tuna and Sweetcorn Pasta Salad Fromage frais	Savory Cheese Whirls Carrot sticks Seasonal Fresh Fruit	Turkey Rolls Carrot and raisin Salad Strawberry and Apple slice	Pizza Slice Cucumber Sticks Oat Cookie

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