

# Weekly Menu 2025

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix/cheerios, toast & banana	Weetabix/cheerios, toast & banana	Weetabix/cheerios, toast & banana	Weetabix/cheerios, toast & banana	Weetabix/cheerios, toast & banana
Snack	Breadsticks with onion and garlic dip	Apple & greek yoghurt	Tortillas & Salsa	Fruit salad (melon,apple,banana,grapes,pears)	Pineapple & cheese
Lunch	Chilli con carne/ <b>Veggie fingers</b> with rice & baby corn	Mac & cheese/ <b>DF cheese</b> with garlic bread & sweetcorn	Chicken curry/ <b>Quorn chicken</b> rice, mixed veg & Naan	Chicken & Veg Pie, with mash & broccoli	Battered fish/ <b>veggie fingers</b> chips and peas
Pudding	Bananas & Custard	Vanilla yoghurt	Raspberry jelly & icecream	Fruit	Apple crumble & cream
Snack	Oatcakes & tzatziki	Crumpets with cheese & cherry tomatoes	Rich tea biscuit & raisins	Rice cakes with Dairylea/dairy f spread & celery	Carrots & houmous
Tea	Home made olive bread with humous cheese and tomatoes	Bulgar wheat pilaf with Greek Yoghurt	Pizza toasted bagels with cucumber	Beans on toast	Ham and cheese/ <b>plain cheese</b> toasties with cucumber
Pudding	Honeydew/Galia melon	Fruit salad	Peach	Pear	Water Melon

# Weekly Menu 2025

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Malt wheats/rice snaps, toast & banana	Malt wheats/rice snaps, toast & banana	Malt wheats/rice snaps, toast & banana	Malt wheats/rice snaps, toast & banana	Malt wheats/rice snaps, toast & banana
Snack	Flatbread & guacamole	English muffins with houmous and cucumber	Poppadoms & Tzatziki	Apple & oatcakes	Crackers with aioli & carrots
Lunch	Tuna pasta bake/ Tuna s.corn pasta	Roast chicken/ <b>Quorn chicken</b> dinner with carrots & peas	Lasagne & broccoli/ <b>cheesy/DF</b> <b>cheesy broccoli pasta</b>	Vegetable & egg stir fried rice with Prawn crackers	Sausage/ <b>Veg sausages</b> mash, peas & gravy
Pudding	Strawberries and cream	Apricots and custard	Rice pudding with tropical fruit	Mango & passion fruit yoghurt	Fruit
Snack	Cheese twists with salsa	Carrots & dairylea/ <b>dairy free cheese</b>	Yoghurt covered rice cakes & berries	Breadsticks with cheese & chive dip and cucumber	Pita bread & houmous
Tea	Fajitas	Tomato & basil pasta with cheese/ <b>D.F cheese</b>	Stuffed sweet potatoes	Cheese & Tomato pizza/ <b>vegan pizza</b> with baby corn	Scrambled eggs on toast with cherry tomatoes
Pudding	Water Melon	Peach	Pear	Fruit salad	Honeydew/Galia Melon