

# Week 1 of 4 Menu



## Monday

**B** Milk & Cereal

Sweet Potato & Pepper Tikka & Naan  
**L** Fruit sorbet

Cauliflower & Broccoli bake  
**D** Reduced sugar Fruity Flapjack

**S** Milk & Fruit

Crackers & Veg sticks & Humous  
**N**

Kcal 1011.2 Carb 179.3 Fib. 13.1 P 27.5 Sal. 1.4 Sug. 4.9 Vit C. 81.6

## Tuesday

**B** Milk & Cereal

Moroccan Lamb & Cous Cous  
**L** Chocolate & Coconut Flapjack

Lentil Bolognese  
**D** Fruit Salad

**S** Milk & Fruit

Rice Cakes and dairy free spread  
**N**

Kcal 1017.1 Carb 153.4 Fib. 19.8 P 35.9 Sal. 0.8 Sug. 5.3 Vit C. 5.7

## Wednesday

**B** Milk & Cereal

Chicken Jambalaya  
**L** Reduced sugar Gingerbread

White Fish Pesto Pasta  
**D** Banana & Pears in natural yoghurt

**S** Milk & Fruit

Pitta Bread & Guam Cheese  
**N**

Kcal 954.5 Carb 141.3 Fib. 14.1 P 45.9 Sal. 1.1 Sug. 5.2 Vit C. 68.5

## Thursday

**B** Milk & Cereal

Salmon & Broccoli Pasta  
**L** Fruit Salad

Chickpea & Cous Cous Salad  
**D** Chocolate & Beetroot Sponge

**S** Milk & Fruit

Breadsticks & Spread  
**N**

Kcal 1032.9 Carb 177.9 Fib. 23.0 P 31.9 Sal. 1.0 Sug. 6.2 Vit C. 3.4

## Friday

**B** Milk & Cereal

Chickpea Korma & Rice  
**L** Reduced sugar Fruity Flapjack

Mushroom Noodle Broth  
**D** Ripped Smoothie

**S** Milk & Fruit

Bagel & Humous  
**N**

Kcal 992.0 Carb 180.2 Fib. 18.1 P 29.1 Sal. 1.9 Sug. 9.7 Vit C. 41.2

**B** – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

## Nutrition guide

Calories (Kcal)	Carbohydrates (Carb)
Protein (P)	Salt (Sal)
NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

All the eggs we serve are free range.



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# Week 2 of 4 Menu



## Monday

**B** Milk & Cereal

Chickpea & Vegetable Biryani  
**L** Fruit Salad

Tomato Pasta with Beans & Peas  
**D** Brownie

**S** Milk & Fruit

Oat cakes & Veg sticks & Beanie dip  
**N**

Kcal 968.0 Carb 140.4 Fib. 18.2 P 26.1 Sal. 0.9 Sug. 10.1 Vit C. 54.1

## Tuesday

**B** Milk & Cereal

Lamb Chilli & Rice  
**L** Oat & Banana Balls

Pitta Pizza  
**D** Chopped Mixed Fruit

**S** Milk & Fruit

Bagel & Spread  
**N**

Kcal 1053.4 Carb 178.9 Fib. 21.3 P 43.3 Sal. 1.4 Sug. 3.5 Vit C. 2.6

## Wednesday

**B** Milk & Cereal

Chickpea & Cauliflower Curry & Rice  
**L** Chocolate & Orange Tofu Pots

Broccoli Minestrone  
**D** Fruit & Yoghurt

**S** Milk & Fruit

Crumpet & Spread  
**N**

Kcal 956.3 Carb 159.3 Fib. 20.0 P 33.6 Sal. 1.9 Sug. 3.4 Vit C. 31.2

## Thursday

**B** Milk & Cereal

Salmon & Pea Risotto  
**L** Fruit Sorbet

Jacket Potato & Baked Beans & Cheese  
**D** Fruit Salad

**S** Milk & Fruit

Breadsticks & Spread  
**N**

Kcal 1006.9 Carb 154.7 Fib. 18.5 P 44.3 Sal. 1.7 Sug. 1.7 Vit C. 1.3

## Friday

**B** Milk & Cereal

Roast Chicken & Roast Potatoes & Gravy  
**L** Oat Cookies

Sandwich Platter & Veg sticks  
**D** Fruit Platter

**S** Milk & Fruit

Crackers & Fruit  
**N**

Kcal 1034.5 Carb 159.6 Fib. 19.5 P 42.4 Sal. 1.7 Sug. 7.5 Vit C. 84

**B** – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

## Nutrition guide

Calories (Kcal)	Carbohydrates (Carb)
Protein (P)	Salt (Sal)
NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

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# Week 3 of 4 Menu



## Monday

**B** Milk & Cereal

**L** Vegetable Dhansak & Red Lentil, Naan & Rice  
Banana & Custard

**D** Tomato Pasta Primavera  
Reduced sugar Carrot Cake

**S** Milk & Fruit

**N** Breadsticks & Beanie dip

Kcal 953.5 Carb 166.3 Fib. 17.1 P 27.1 Sal. 0.9 Sug. 8.4 Vit C. 85.9

## Tuesday

**B** Milk & Cereal

**L** Fish Pie & Runner Beans  
Coconut & Chia Seed Loaf

**D** Pitta Pizza  
Fruit Salad

**S** Milk & Fruit

**N** Bagel & Spread

Kcal 1002.1 Carb 166.0 Fib. 19.5 P 42.7 Sal. 1.6 Sug. 4.1 Vit C. 33.6

## Wednesday

**B** Milk & Cereal

**L** Beef Lasagne & Peas  
Fresh Fruit & Ice Cream

**D** Jacket Potato & Mixed Bean Chilli  
Fruit Platter

**S** Milk & Fruit

**N** Crumpet & Spread

Kcal 1051.3 Carb 161.1 Fib. 22.3 P 43.4 Sal. 1.0 Sug. 13.1 Vit C. 8.0

## Thursday

**B** Milk & Cereal

**L** Roast Chicken & Roast Potatoes & Gravy  
Fruit Sorbet

**D** Filled Tortilla Wraps & Veg sticks  
Fruit Platter

**S** Milk & Fruit

**N** Breadsticks & Spread & Fruit

Kcal 1044.0 Carb 159.5 Fib. 19.1 P 44.4 Sal. 1.9 Sug. 2.2 Vit C. 39.2

## Friday

**B** Milk & Cereal

**L** Vegetable Lasagne & Garlic Bread  
Courgette & Lime Cake

**D** Chickpea & Vegetable Rice Salad  
Berries & Yoghurt with Toasted Oats

**S** Milk & Fruit

**N** Oat Cakes & Beanie dip

Kcal 978.7 Carb 158.5 Fib. 16.9 P 33.2 Sal. 1.0 Sug. 1.5 Vit C. 44.6

**B** – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

## Nutrition guide

Calories (Kcal)	Carbohydrates (Carb)
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NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

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# Week 4 of 4 Menu



## Monday

**B** Milk & Cereal

Roast Veg & Lentil Pasta  
**L** Fruit Platter

Summer Vegetable Tart  
**D** Applejacks

**S** Milk & Fruit

Pitta & Spicy Chickpea dip  
**N**

Kcal 987.3 Carb 153.5 Fib. 12.5 P 25.8 Sal. 2.0 Sug. 3.2 Vit C. 64.4

## Tuesday

**B** Milk & Cereal

Pork Tagine & Rice  
**L** Eve's Pudding

BBQ Chicken & Noodles  
**D** Fruit Salad

**S** Milk & Fruit

Muffin & Spread  
**N**

Kcal 1038.0 Carb 143.4 Fib. 12.1 P 40.5 Sal. 1.7 Sug. 5.3 Vit C. 49.3

## Wednesday

**B** Milk & Cereal

Sweet & Sour Chicken & Rice  
**L** Chocolate & Coconut Flapjack

Broccoli & Tuna Pasta  
**D** Yoghurt & Dates

**S** Milk & Fruit

Oat Cakes & Spread  
**N**

Kcal 1033.0 Carb 134.2 Fib. 16.6 P 39.8 Sal. 1.1 Sug. 15.7 Vit C. 25.9

## Thursday

**B** Milk & Cereal

Fish Fingers & Mash & Peas  
**L** Fruit Platter

Cauliflower & Chickpea Curry & Rice  
**D** Apple & Chia Seed & Cinnamon Loaf

**S** Milk & Fruit

Rice Cakes & Bean dip  
**N**

Kcal 1007.7 Carb 147.0 Fib. 17.9 P 31.3 Sal. 1.3 Sug. 9.2 Vit C. 0.4

## Friday

**B** Milk & Cereal

Vegetable Bolognese with Spaghetti  
**L** Tofu Trifle

Mushroom Risotto  
**D** Fruit Platter

**S** Milk & Fruit

Breadsticks & Bean dip  
**N**

Kcal 1050.9 Carb 175.6 Fib. 20.0 P 46.7 Sal. 0.6 Sug. 5.2 Vit C. 4.6

**B** – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

## Nutrition guide

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Vitamin C (Vit C)	

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