

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chinese chicken and noodles Veggie noodles Apple sponge with custard	Brocklebank fish pie and green beans Bean pie Sugar free jelly and fruit	Chilli con carne with rice Veggie chilli and rice Ice cream with home-made raspberry or strawberry sauce	Jane's hidden vegetable tomato sauce with spaghetti Fruit crumble and custard	Roast chicken Roast potatoes and vegetables in season Quorn slices and vegetables as above Semolina with fruit jam
Tea	Pita bread with dips and vegetable sticks Yoghurts and fresh fruit	Quorn dippers and garlic bread with beans Melon slices	Crackers and cheese with cherry tomatoes and cucumber sticks Fruit bread with jam	Muffins with scrambled egg. Fresh fruit slices	Assorted savoury and cheese sandwiches Flapjack

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<p>Pork sausages with onion gravy, creamed potatoes and carrots</p> <p>Quorn sausages with vegetable gravy</p> <p>Fruit crumble and custard</p>	<p>Macaroni cheese with green peas and carrots</p> <p>Fruit yoghurts</p>	<p>Turkey meatballs with Jane's hidden vegetable, tomato sauce and pasta</p> <p>Vegetable and tomato sauce and pasta</p> <p>Melon slices</p>	<p>Vegetable curry with rice and poppodom</p> <p>Jane's famous rice pudding with fruit jam</p>	<p>Fish fingers with mashed potatoe and vegetables in season</p> <p>Vegetable fingers with mashed potatoe and vegetables</p> <p>Natural yoghurt with fruit</p>
Tea	<p>Pasta salad with Jane's dressing</p> <p>Veggie pasta</p> <p>Fresh fruit</p>	<p>Pita bread pockets with chicken and salad</p> <p>Cheese and salad pita pockets</p> <p>Apple slices with sultanas</p>	<p>Crackers with cheese cubes and apple wedges</p> <p>Fresh fruit salad</p>	<p>Crumpets with baked beans, cherry tomatoes And cucumber</p> <p>Fresh fruit</p>	<p>Assorted savoury and cheese sandwiches with cucumber and carrot slices</p> <p>Fresh fruit</p>

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Seasonal vegetables and cheese pasta Baked apples with custard	Moroccan lamb with couscous Moroccan vegetables and lentils Melon slices	Jacket potatoes with various fillings Jelly with fruit	Jane's cottage pie with fresh vegetables Bean and cheese pie Peaches and ice cream	Chicken and vegetables with fricassee and rice Quorn slices and vegetables with sauce and rice Fresh fruit slices
Tea	Chicken and cheese wrap with humus and vegetable sticks Fresh bananas	Assorted savoury and cheese sandwiches with cucumber and carrot sticks Fromage frais	Jane's tomato soup with pita bread fingers Home-made short bread biscuits and fresh fruit	Tuna and sweetcorn melts Cheese and sweetcorn melts Apricot flapjack and fresh fruit	Homemade cheese and tomato pizza with cherry tomatoes Fresh fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<p>Jane's turkey and vegetable pie</p> <p>Roast vegetable pie</p> <p>Fresh melon slices</p>	<p>Tuna with pasta, vegetables and sweetcorn salad</p> <p>Vegetable and cheese pasta with sweetcorn salad</p> <p>Jelly and fruit</p>	<p>Mild chicken curry with rice</p> <p>Quorn and vegetable curry with rice</p> <p>Chocolate sponge with chocolate sauce and fresh fruit</p>	<p>Jacket potatoes and various fillings</p> <p>Fruit salad</p>	<p>Jane's spaghetti bolognaise</p> <p>Veggie mince bolognaise</p> <p>Fruit yoghurt</p>
Tea	<p>Vegetable fingers with garlic bread and salad</p> <p>Chocolate brownie and fresh fruit</p>	<p>Buttered teacakes, cheese cubes and apple wedges</p> <p>Fresh fruit</p>	<p>Home-made margarita pizza</p> <p>Fresh bananas</p>	<p>Vegetable and lentil soup with brown bread and butter</p> <p>Apricot flapjack and fresh fruit</p>	<p>Assorted savoury and cheese sandwiches with vegetable crudities</p> <p>Seasonal fruit slices</p>

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<p>Fish with parsley sauce, boiled potatoes and vegetables</p> <p>Corn pieces with boiled potatoes and vegetables</p> <p>Jane's famous cake and custard/fresh fruit</p>	<p>Cannelloni in sauce and vegetables</p> <p>Veggie mince and vegetables</p> <p>Semolina with fruit jam</p>	<p>Spicy chicken mini roasts with corn on the cob</p> <p>Veggie slices with corn on the cob</p> <p>Banana with custard</p>	<p>Jane's vegetable pie with mash potato and broccoli</p> <p>Natural yoghurt with honey and raisins</p>	<p>Sausages with roast vegetables</p> <p>Veggie sausages with roast vegetables</p> <p>Fresh fruit</p>
Tea	<p>Hot – dogs with vegetable sticks</p> <p>Vegetarian sausages with buns</p> <p>Selection of fresh fruit wedges</p>	<p>Selection of crudities and crackers</p> <p>Melon slices</p>	<p>Fish fingers and beans</p> <p>Beans on toast</p> <p>Fresh fruit</p>	<p>Chicken nuggets with carrot and cucumber sticks and various dips</p> <p>Quorn nuggets</p> <p>Jane's fruit salad</p>	<p>Assorted sandwiches with vegetable sticks</p> <p>Angel delight and fresh fruit</p>

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Macaroni cheese and peas Jane's famous cake and custard/fresh fruit	Sausage toad pots and broccoli Vegetarian sausage toad pots with broccoli Fresh fruit cocktail with evaporated milk	Italian delight Veggie delight Natural yoghurt with honey	Lamb casserole and mixed vegetables Vegetable casserole with mixed vegetables Sugar free jelly with fresh fruit	Fish cakes and chips with peas Veggie fingers with chips and peas Jane's rice pudding with fruit jam
Tea	Chicken/Turkey wraps with fresh salad Vegetable and cheese wraps with fresh salad Fresh fruit	Spaghetti on toast Fruit yoghurts	Pita pockets with humus and apple Fresh fruit salad	Variety of savoury biscuits with cream cheese, cucumber and celery sticks Homemade scones	Assorted sandwiches with cucumber and carrot sticks Fresh fruit