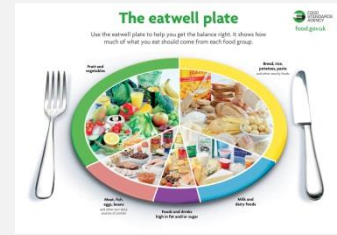


Week one- menu.



Monday

Snack- carrot & cucumber sticks with hummus & bread sticks

Lunch-Tuna melt with potato wedges, sweetcorn & peas (✓)

Pudding-Scottish cranachan

High Tea-Herby tomato & bean pasta

Pudding-melon

Tuesday.

Snack-Apples, pears & rice cakes

Lunch- Leek, potato & butter bean soup with wholemeal roll (✓)

Pudding- Pear & apple crumble

High Tea-scrambled egg with cherry tomatoes & toast

Pudding-banana & vanilla yoghurt

Wednesday

Snack-Strawberries, pineapple & plain pancakes

Lunch- Macaroni cheese with ham & roasted cherry tomatoes

Vegetarian lunch- macaroni cheese with roasted cherry tomatoes

Pudding-banana bread

High Tea-cheese sticks, hummus apple & oatcakes

Pudding-Mandarins & natural strawberry yoghurt

Thursday

Snack- Blueberries, raspberries & bread sticks

Lunch- The Stables Beef & vegetable hotpot with beetroot

Vegetarian lunch-Vegetable hotpot with beetroot (✓)

Pudding-Carrot cake

High Tea-Smoked salmon pate with melba toast and red pepper sticks

Pudding- Dates & Natural yoghurt

Friday

Snack-Duo of melon & toasted Muffin

Lunch-Chicken & mushroom stroganoff with wild rice

Vegetarian lunch-Mushroom stroganoff with wild rice (✓)

Pudding- peach & pear cobbler

High Tea- Roasted red pepper & lentil soup

Pudding- apple crunch with natural vanilla yoghurt