Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Crawlers	Cereal and Berries and grape slices	Cereal and Fruit toast fingers	Cereal and Melon slices	Cereal and banana sticks	Cereal and Wholemeal bread
Breakfast	Cereal and toast with fruit	Cereal and toast with fruit	Cereal and toast with fruit	Cereal and toast with fruit	Cereal and toast with fruit
Morning Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch Starter - Crawlers			Soft carrot sticks		
Lunch Starter	Breadsticks with healthy dip	Tomato slices and cheese sticks	Mixed Vegetable sticks	Garlic and herb pitta fingers	Runner beans with healthy dip
Lunch Main	Creamy Chicken and Leek Hotpot with Broccoli	Pork meatballs with Spaghetti, peas and carrots	Haddock and Salmon pie with red cabbage and runner beans	Chickpea and spinach curry	Quorn fillet with roast potatoes, root vegetables and gravy
Afternoon Snack	Rice pudding	Mixed berries with plain yoghurt	Crumpets and spread and grapes	Crackers with spread and carrot sticks	Rice cakes and healthy dip
Tea Crawlers 	Pea, ham and mushroom pasta bake Fruit	Crustless quiche with potato salad and pepper sticks Fruit	Potato and lentil cakes with beans Fruit 	Jacket potatoes with mixed bean chilli Fruit	Parsnip, butterbean and apple soup with a wholemeal roll and spread Fruit
Tea Explorers/ Investigators/ Discoverers	Pea, ham and mushroom pasta bake Fruit	Crustless quiche with potato salad and pepper sticks Fruit	Potato and lentil cakes with beans Fruit	Jacket potatoes with mixed bean chilli Fruit	Parsnip, butterbean and apple soup with a wholemeal roll and spread Fruit
Tea Adventurers 	Pasta and sauce Fruit	Waffles and spaghetti hoops with sauce Fruit	Sausage sandwiches with vegetable sticks Fruit	Jacket potatoes with beans and cheese Fruit	Sausage rolls with vegetable sticks Fruit