

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted Cereal	Beans on Toast	Porridge with Honey or Fruit Compote	Assorted Cereal	Cheese and Ham Croissants
Lunch	Sticky Vegetable Stir Fry, Egg or Rice Noodles, Vegetable Spring Rolls and Steamed Broccoli Rice Noodles Mixed Fruit Salad	Cheesy Cottage Pie, Mashed Potato, Buttered Peas and Sweetcorn Vegan Plant-Based Cottage Pie Strawberry Flapjack	Tuna and Sweetcorn Pasta Bake, Fresh Bread and Steamed Mixed Vegetables Sweet Pepper and Tomato Pasta Bake Yoghurt Pots	Roast Chicken, Roasted Potatoes, Cauliflower, Broccoli, Yorkshire Pudding and Gravy Meat Free Chicken Mixed Fruit Salad	Beef Kofta Kebabs in Pitta, Mixed Vegetable Cous-Cous and Homemade Tzatziki Vegetable Koftes Watermelon Slices
Tea	Cheese and Onion Pastry Pockets, Potato Slices, Green Beans and Carrots Dairy Free Cheese Victoria Sponge Cake	Chicken and Pepper Enchiladas, Cous-Cous and Steamed Green Beans Vegan Chicken Enchiladas Eton Mess with Fresh Cream and Chopped Fruit	Chilli Con Carne, Steamed Rice and Mixed Vegetables Vegan Chilli Con Carne Pineapple Sponge Cake	Spaghetti and Meatballs in a Tomato Sauce, Cucumber and Tomato Salad Meat Free Meatballs Fruit and Berry Tart	Homemade Fishcakes, Mashed Potato, Homemade Coleslaw, Steamed Peas and Sweetcorn Apple and Berry Crumble with Custard