

Week 1	Breakfast 8.30	Snack 10.00	Lunch 11.30	Tea 2.30	Snack 4.30
<b>Monday</b>	Toast & Milk	Fruit Juice	Cauliflower, Broccoli and Macaroni Bake  Home Made Icecream	Ham Sandwiches Cucumber sticks Home made Flap jacks	Melon
<b>Tuesday</b>	Toast & Milk	Fruit Juice	Cottage Pie (lamb) with Cabbage Strawberry Mouse	Sausage Plait Beetroot  Rice crispy crackles with honey	Apples
<b>Wednesday</b>	Toast & Milk	Fruit Juice	Green Bean & Tuna Gratin  Banana Cake with Custard	Cherry Tomato, Peas & Cheese Pasta  Branflake & Raison cakes	Fruit
<b>Thursday</b>	Toast & Milk	Fruit Juice	Roast Ham Dinner  Fruit Jelly	Tuna Mayo Pita Bread with Tomatoes Lemon Cake	Fruit
<b>Friday</b>	Toast & Milk	Fruit Juice	Beef Scouse & Beetroot  Apple, Raisons & Cinnamon bake	Cheese & chutney Wraps Crisps Banana Cake	Fruit

Week 2	Breakfast 8.30	Snack 10.00	Lunch 11.30	Tea 2.30	Snack 4.30
<b>Monday</b>	Toast & Milk	Fruit Juice	Sweet Potatoe & Coconut Curry  Lemon Cake & Custard	Ham & Pea Pasta P.170 A Karmel Blue Bk Fruit Loaf	Melon
<b>Tuesday</b>	Toast & Milk	Fruit Juice	Paella  Banana Muffin Cake	Cheese & Beetroot Sandwiches Sliced Apple and Sultana's	Apples
<b>Wednesday</b>	Toast & Milk	Fruit Juice	Turkey Roast Dinner  Orange Mouse	Sausage Rolls Sweetcorn relish and breadsticks. Rice Crispy Cakes	Fruit
<b>Thursday</b>	Toast & Milk	Fruit Juice	Traditional Lasagne with Garlic Bread  Fruit Compote	Mascapone & Cranberry panklets with cherry tomato  Orange cake	Fruit
<b>Friday</b>	Toast & Milk	Fruit Juice	Chicken, Mushroom & Potatoe Pie with green beans  Jelly	Cheese & Tomato home made Pizza Gerkins  Honey Joys	Fruit

Week 3	Breakfast 8.30	Snack 10.00	Lunch 11.30	Tea 2.30	Snack 4.30
<b>Monday</b>	Toast & Milk	Fruit Juice	Spanish Omelette, potatoe wedges and tomatoes Baked Banana's with Currents	Tuna & Sweetcorn Wraps tomatoes Honey Joys	Melon
<b>Tuesday</b>	Toast & Milk	Fruit Juice	White fish and Veg Gratin  Cake with Choc Orange Sauce	Cheese & Corn Cake with tomatoes Banana cake	Apples
<b>Wednesday</b>	Toast & Milk	Fruit Juice	Noodles with Sticky Mango Chicken & Veg  Fruit Muffins	Creamy Banana on French Toast <small>P.148 A Karmel Blue Bk</small>  Lemon fairy cakes	Fruit
<b>Thursday</b>	Toast & Milk	Fruit Juice	Leek & Ham Mash with Beans  Rice Pudding	Home made pizza with cheese and salami  Melon	Fruit
<b>Friday</b>	Toast & Milk	Fruit Juice	Spaghetti Carbonara  Bread & Butter Pudding	Egg Sandwiches Onion rings  Branflakes Cakes	Fruit

Week 4	Breakfast 8.30	Snack 10.00	Lunch 11.30	Tea 2.30	Snack 4.30
Monday	Toast & Milk	Fruit Juice	Veggi Lasagne with Garlic Bread  Pear Flan	Turkey Sandwiches Cranberries  Flapjacks	Melon
Tuesday	Toast & Milk	Fruit Juice	Risotto with Butternut Squash  Baked Banana's with Rasseberries	Cream Cheese and Ham Pitta Bread Carrot Sticks  Cornflake Cakes	Apples
Wednesday	Toast & Milk	Fruit Juice	Savoury Crumble With Peas  Choc Cake & Custard	Cherry Tomatoes & Cheese Pasta Bread Sticks  Banana sticks	Fruit
Thursday	Toast & Milk	Fruit Juice	Roast Beef & Yorkshire Pudding  Mouse	Tuna mayo wraps Cucumber  Honey Joys	Fruit
Friday	Toast & Milk	Fruit Juice	Mince & Veg Stew  Apple Crumble & Custard	Quiche Tomatoes  Flap jacks	Fruit



### **Cauliflower & Broccoli Cheese Macaroni Bake**

3 x Cauli  
3 x Broccoli  
1 bag of pasta

Pre boil and cook the above ingredients and place in ovenproof dish.  
Make a cheese rui ( 3 oz flour, 3 oz butter, milk to form smooth sauce) and add cheese  
Pour over sauce and cook. Into oven at gas mark 4 (180°C) for 15-20 minutes.

### **Homemade Icecream**

Milk,  
fresh fruit,  
Sugar to taste  
Serve straight away (if frozen, remove 2 hours before serving)

### **Cottage Pie**

6 x mince  
3 onions  
Brown together  
Make stock – 1 cube to 1 pint (check instructions) Cover with stock  
3 casserole veg.  
Boil potatoes to make mash  
Put mince in tray and cover with mash  
Sprinkle Cheese on top.  
Serve with 5 bags of Peas

### **Green Bean & Tuna Gratin**

Make a rui (Flour & butter as above)  
6 x green beans blanched  
6 x small tins of tuna flaked and mixed with above  
Boil potatoes  
Put tuna mix in oven proof tray and cover with sliced potatoes  
Sprinkle cheese over the top and cook on 180°C ish for approx. 25 mins.

