

| <b>Week 1</b>        | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>                        | <b>Friday<br/>(Baking Day)</b>                               |
|----------------------|---|--|---|--|--|
| <b>Breakfast</b>     | Cereal e.g.<br>Cornflakes,<br>Rice Crispies,<br>Weetabix,<br>Ready Brek | Toast e.g.<br>Bread, Muffin,<br>Bagel<br>& Drink of Milk | Cereal  | Toast & Drink<br>of Milk               | Cereal   |
| <b>Morning Snack</b> | Fruit   | Fruit  | Fruit   | Fruit                                  | Fruit  |
| <b>Lunch</b>         | Quorn Chilli<br>Non Carne<br>With Rice                                  | Quorn Pieces,<br>Potato &<br>Vegetable<br>Stew           | Quorn<br>Shepherd's Pie<br>With Carrots &<br>Peas           | Cheesy Bean<br>Bake                    | Vegetable &<br>Chickpea Curry<br>With Rice                   |
|                      | <b>Dessert:</b><br>Banana & Oat<br>"Cookies"                            | <b>Dessert:</b><br>Yoghurt                               | <b>Dessert:</b><br>Banana<br>Yoghurt/"Ice<br>Cream"         | <b>Dessert:</b><br>Yoghurt             | <b>Dessert:</b><br>Fruit                                     |
| <b>Tea</b>           | Bagel &<br>Cream Cheese   | Tomato Pasta<br>With Cheese                              | Stuffed Pitta<br>Breads With<br>Cheese, Salad<br>& Houmous. | Creamy Pasta<br>With Peas &<br>Spinach | Homemade<br>Vegetable<br>Pizza                               |
|                      | <b>Dessert:</b><br>Fruit &<br>Yoghurt                                   | <b>Dessert:</b><br>Fruit                                 | <b>Dessert:</b><br>Fruit                                    | <b>Dessert:</b><br>Fruit               | <b>Dessert:</b><br>Fruit Crumble/<br>Scones/<br>Banana Bread |

**Fruit:** Apple, Pear, Banana, Clementine, Pineapple, Apricot, Peach, Grapes, Strawberries, Blueberries, Raspberries, Blackberries

*On request, I can provide a list of all of the ingredients used in my dishes and information about which of the 14 major allergens they may contain.*

| <b>Week 2</b>        | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>                                  | <b>Thursday</b>   | <b>Friday<br/>(Baking Day)</b>                     |
|----------------------|---|---|---|---|--|
| <b>Breakfast</b>     | Toast e.g.<br>Bread, Muffin,<br>Bagel<br>& Drink of<br>Milk | Cereal e.g.<br>Cornflakes,<br>Rice Crispies,<br>Weetabix,<br>Ready Brek | Toast & Drink<br>of Milk                          | Cereal  | Toast & Drink<br>of Milk                           |
| <b>Morning Snack</b> | Fruit   | Fruit   | Fruit   | Fruit   | Fruit  |
| <b>Lunch</b>         | Quorn<br>Spaghetti<br>Bolognese<br>With Peas                | Quorn Pieces<br>& Noodles in<br>Tomato &<br>Spinach Sauce               | Creamy Potato<br>& Broccoli<br>Soup With<br>Bread | Cauliflower &<br>Broccoli Bake                              | Sage &<br>Butternut<br>Squash Risotto              |
|                      | <b>Dessert:</b><br>Banana & Oat<br>"Cookies"                | <b>Dessert:</b><br>Yoghurt  | <b>Dessert:</b><br>Banana & Oat<br>"Cookies"      | <b>Dessert:</b><br>Yoghurt                                  | <b>Dessert:</b><br>Fruit & Yoghurt                 |
| <b>Tea</b>           | Green<br>Vegetable<br>Omelette                              | Cheesy Garlic<br>Bread  | Crackers &<br>Cream Cheese                        | Stuffed Pitta<br>Breads With<br>Cheese, Salad<br>& Houmous. | Homemade<br>Potato Wedges<br>& Beans               |
|                      | <b>Dessert:</b><br>Fruit &<br>Yoghurt                       | <b>Dessert:</b><br>Fruit  | <b>Dessert:</b><br>Yoghurt                        | <b>Dessert:</b><br>Fruit                                    | <b>Dessert:</b><br>Banana Bread/<br>Fruit Pancakes |

**Fruit:** Apple, Pear, Banana, Clementine, Pineapple, Apricot, Peach, Grapes, Strawberries, Blueberries, Raspberries, Blackberries

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