

<i>Week One</i>	<i>Snack</i>	<i>Dinner</i>	<i>Pudding</i>	<i>Afternoon Tea</i>
<i>Monday</i>	<i>A selection of fresh fruit, vegetable crudités and a variety of healthy savoury snacks</i>	<i>Lamb Moussaka with hidden vegetables served with a mixed salad</i>	<i>Raisin and cranberry flapjacks</i>	<i>Scrambled eggs on top of a toasted bagel</i>
<i>Tuesday</i>	<i>A selection of fresh fruit, vegetable crudités and a variety of healthy savoury snacks</i>	<i>Chickpea, spinach and potato curry with fluffy basmati rice and naan</i>	<i>Cinnamon topped banana custard</i>	<i>Tuna pasta bake with roasted Mediterranean vegetables</i>
<i>Wednesday</i>	<i>A selection of fresh fruit, vegetable crudités and a variety of healthy savoury snacks</i>	<i>Roast of the day with all the trimmings... served with seasonable vegetables</i>	<i>Lightly spiced stewed Bramley apples and blackberries topped with crème fraiche</i>	<i>Cheese scones served with cucumber, tomato and grapes</i>
<i>Thursday</i>	<i>A selection of fresh fruit, vegetable crudités and a variety of healthy savoury snacks</i>	<i>Quorn Spaghetti Bolognese topped with fresh basil and garlic bread</i>	<i>Nutmeg rice pudding served with raspberries</i>	<i>Wholemeal English muffin topped with honey roasted ham and cheddar cheese</i>
<i>Friday</i>	<i>A selection of fresh fruit, vegetable crudités and a variety of healthy savoury snacks</i>	<i>Fish pie topped with creamy mash potato with peas and sweetcorn served with carrots</i>	<i>Very berry oat crumble drizzled with fresh cream</i>	<i>Carrot, coriander and lentil soup served with buttered wholemeal soldiers</i>