

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30AM	White or wholemeal toast, or choice of cereals with fresh milk				
Snack 10:15AM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Lunch 11:30	Sausage cowboy pie with sweetcorn	Chicken, lentil & spinach curry with rice	Mushroom carbonara	Tomato & lentil pasta bake	Fish in parsley sauce with wedges & veg
Vegetarian	Veggie sausage cowboy pie with sweetcorn	Beany spinach curry	Mushroom carbonara	Tomato & lentil pasta bake	Cauliflower cheese grill with wedges & veg
Dessert	Ice cream or sorbet	Selection of fresh fruit	Peaches with yoghurt	Homemade sponge cake	Melon & pineapple
Snack 2:00PM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Tea 3:00PM	Pizza fingers	Bagels & cheese with apple slices	Sandwich selection with vegetable sticks	Beans on toast	Ham or cheese wraps with cucumber
	Selection of fresh fruit	Seasonal fruit crumble	Bananas & custard	Selection of fresh fruit	Jelly
Snack 5:00PM	Variety of fruit pieces, oat cakes, crackerbread, rice cakes, or crackers				

All of our delicious meals are cooked fresh on the premises, and always include vegetables. Water and milk served throughout the day and at mealtimes.

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30AM	White or wholemeal toast, or choice of cereals with fresh milk				
Snack 10:15AM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Lunch 11:30	Fish cakes & cheese sauce with potatoes & veg	Beef stroganoff with potato wedges & peas	Macaroni cheese with broccoli	Chicken sweet & sour with rice	Beany fajita pasta
Vegetarian	Veggie fingers & cheese sauce with potatoes & veg	Mushroom stroganoff with potato wedges & peas	Macaroni cheese with broccoli	Quorn sweet & sour with rice	Beany fajita pasta
Dessert	Melon & pineapple	Homemade lemon cake	Jelly	Selection of fresh fruit	Ice cream or sorbet
Snack 2:00PM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Tea 3:00PM	Crackers & cheese with apple slices	Beans on toast	Ham or cheese pitta breads with vegetable sticks	Sandwich selection with vegetable sticks	Pizza fingers
	Bananas & custard	Peaches with yoghurt	Selection of fresh fruit	Peach crumble	Selection of fresh fruit
Snack 5:00PM	Variety of fruit pieces, oat cakes, crackerbread, rice cakes, or crackers				

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30AM	White or wholemeal toast, or choice of cereals with fresh milk				
Snack 10:15AM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Lunch 11:30	Coconut chickpea curry	Tuna pasta bake	Moroccan chicken with potato wedges & green beans	Pasta Bolognese	3-bean chilli with rice
Vegetarian	Coconut chickpea curry	Broccoli & cauliflower pasta bake	Moroccan Quorn with potato wedges & veg	Lentil pasta Bolognese	3-bean chilli with rice
Dessert	Peaches with yoghurt	Melon & pineapple	Homemade flapjack	Jelly	Selection of fresh fruit
Snack 2:00PM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Tea 3:00PM	Beans on toast	Sandwich selection with vegetable sticks	Cheese wheels & beans	Cream cheese or hummus wraps with veg sticks	Ham or cheese english muffins with cucumber
	Seasonal fruit pie	Ice cream or sorbet	Selection of fresh fruit	Selection of fresh fruit	Homemade coconut & jam sponge
Snack 5:00PM	Variety of fruit pieces, oat cakes, crackerbread, rice cakes, or crackers				

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