

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast 8:30AM</b>	White or wholemeal toast, or choice of cereals with fresh milk				
<b>Snack 10:15AM</b>	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
<b>Lunch 11:30</b>	Potato & Vegetable soup served with bread	Sausage cowboy pie with sweetcorn	Creamy tuna pasta bake	Macaroni cheese with broccoli	Chicken, lentil & spinach curry with rice
<b>Vegetarian</b>	Potato & Vegetable soup served with bread	Veggie sausage cowboy pie with sweetcorn	Broccoli & cauliflower pasta bake	Macaroni cheese with broccoli	Beany spinach curry with rice
<b>Dessert</b>	Peaches with yoghurt	Selection of fresh fruit	Melon & Pineapple	Jelly	Selection of fresh fruit
<b>Snack 2:00PM</b>	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
<b>Tea 3:00PM</b>	Beans on toast	Sandwich selection with vegetable sticks	Cheese wheels & beans	Bagels & cheese with apple slices	Cream cheese or hummus wraps with veg sticks
	Homemade banana loaf	Rice pudding	Selection of fresh fruit	Bananas & custard	Seasonal fruit crumble & custard
<b>Snack 5:00PM</b>	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
<b>Breakfast 8:30AM</b>	White or wholemeal toast, or choice of cereals with fresh milk				
<b>Snack 10:15AM</b>	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
<b>Lunch 11:30</b>	Fish cakes & cheese sauce with potatoes & veg	Chicken in gravy with mashed potato & veg	Tomato & lentil pasta bake	Cottage pie with vegetables	Beany fajita pasta
<b>Vegetarian</b>	Veggie fingers & cheese sauce with potatoes & veg	Veggie meatballs with mashed potato & veg	Tomato & lentil pasta bake	Lentil cottage pie with vegetables	Beany fajita pasta
<b>Dessert</b>	Selection of fresh fruit	Bananas & custard	Homemade lemon cake	Melon & pineapple	Homemade chocolate cake & custard
<b>Snack 2:00PM</b>	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
<b>Tea 3:00PM</b>	Pizza fingers	Beans on toast	Sandwich selection with vegetable sticks	Cheese wheels & beans	Crackers & cheese with cucumber
	Peaches with yoghurt	Rice pudding	Selection of fresh fruit	Jelly	Selection of fresh fruit
<b>Snack 5:00PM</b>	Variety of fruit pieces, oat cakes, crackerbread, rice cakes, or crackers				

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast 8:30AM</b>	White or wholemeal toast, or choice of cereals with fresh milk				
<b>Snack 10:15AM</b>	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
<b>Lunch 11:30</b>	3-bean chilli with rice	Pasta bolognese	Chicken & vegetable pie with new potatoes	Coconut chickpea curry	Fish pie with vegetables
<b>Vegetarian</b>	3-bean chilli with rice	Lentil pasta bolognese	Creamy vegetable pie with new potatoes	Coconut chickpea curry	Creamy vegetable pie
<b>Dessert</b>	Bananas & custard	Jelly	Selection of fresh fruit	Peaches with yoghurt	Selection of fresh fruit
<b>Snack 2:00PM</b>	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
<b>Tea 3:00PM</b>	Ham or cheese pitta breads with veg sticks	Sandwich selection with vegetable sticks	Beans on toast	Ham or cheese English muffins with cucumber	Pizza fingers
	Selection of fresh fruit	Melon & pineapple	Homemade coconut & jam sponge	Rice pudding	Seasonal fruit pie & custard
<b>Snack 5:00PM</b>	Variety of fruit pieces, oat cakes, crackerbread, rice cakes, or crackers				

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