



WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water
Snack	Fresh fruit platter	Cheese straws, cucumber, rice cakes and red peppers	Mixed fresh and dried fruits	Carrots, breadsticks, grapes, cheese and houmous	Fresh fruit platter
Lunch	Spinach and ricotta Tortellini (vegan) in tomato sauce with mixed salad Strawberry yogurt	Minced lamb or quorn with mashed potato and green beans Fresh fruit salad	Roast chicken or quorn with roast potatoes and cauliflower cheese Carrot cake	Chicken and mushroom pie or veggie pie with sweet potato mash and carrots stewed apple crème fraiche	Veggie or Salmon and broccoli pasta bake with mixed salad Raspberry yogurt
Hot Tea	Sweet 'n' sour chicken and vegetables with boiled rice Lemon sponge	Cheese and tomato pizza with potato wedges and baked beans Bananas and custard	Veggie or Cod fish fingers with new potatoes and peas Mixed berry yogurt	Vegetable risotto with mixed salad and fresh bread Chocolate shortbread	lamb burger or veggie burger with potato wedges and sweet corn Iced fruit lolly

We tailor our menus weekly to reflect children's choice (we find this out during conversations at meal times) and introduce at least one new food or dish for the children to try every week. We also ensure that children are introduced to a variety of fresh fruits and vegetables.

Allergens: Milk, eggs, fish, wheat, soybeans

No nuts or grapes are allowed on site