



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	Selection of Cereals, Toast & Porridge	Selection of Cereals, Toast & Porridge	Selection of Cereals, Toast & Porridge	Selection of Cereals, Toast & Porridge	Selection of Cereals, Toast & Porridge
<u>Morning snack</u>	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water
<u>Lunch</u>	Sausages, new potatoes and vegetables V – Quorn sausage	Tuna pasta bake	Vegetable curry	Chicken pasta bake V – Quorn pieces	Baked potato and beans
<u>Pudding</u>	Selection of fruit	Pudding of the day	Banana and lemon drizzle cake	Yoghurt	Jelly
<u>High tea</u>	Beans on toast	Cheese salad	Make your own pizza muffins	Toasties with fruit/vegetables sticks	Crackers with fruit/vegetables sticks

We encourage self-service where possible and encourage our children to get involved as much as they can in all activities that help promote independence and confidence; such as buttering of their own bread, washing up their own plates and cutlery and baking their own puddings.

Children have access to fresh water at all times throughout the day and milk is offered with meals.

Snack options: Apples, Bananas, Pears, Dried fruit, Carrots, Cucumber, Pepper, Tomatoes and Rich tea biscuits.

Tea options: Same as snack options, rotate daily to ensure a varied diet.



Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	Selection of Cereals, Toast & Porridge				
<u>Morning snack</u>	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water
<u>Lunch</u>	Vegetable tagine	Sausage pasta bake V – Quorn sausage	Fish fingers, chips and peas	Macaroni cheese and sweetcorn	Chicken stir fry with noodles V – Quorn pieces
<u>Pudding</u>	Malt loaf	Tinned fruit	Fruit crumble (apple and raisin)	Pudding of the day	Cookie
<u>High tea</u>	Wraps with fruit/vegetable sticks	Vegetable soup and bread rolls	Sandwiches with fruit/vegetable sticks	Crumpets with fruit/vegetable sticks	Cream cheese pasta

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Children have access to fresh water at all times throughout the day and milk is offered with meals.

Snack options: Apples, Bananas, Pears, Dried fruit, Carrots, Cucumber, Pepper, Tomatoes and Rich tea biscuits.

Tea options: Same as snack options, rotate daily to ensure a varied diet.



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	Selection of Cereals, Toast & Porridge	Selection of Cereals, Toast & Porridge	Selection of Cereals, Toast & Porridge	Selection of Cereals, Toast & Porridge	Selection of Cereals, Toast & Porridge
<u>Morning snack</u>	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water
<u>Lunch</u>	Bean casserole	Fish pie	Sweet and sour chicken and rice V – Quorn pieces	Chickpea tomato pasta	Spaghetti Bolognese V – Quorn mince
<u>Pudding</u>	Tinned fruit	Milkshake	Yoghurt	Rich tea biscuit	Fruit crumble (pear)
<u>High tea</u>	Ploughman’s tea	Crackers with fruit/vegetable sticks	Scones with fruit/vegetable sticks	Cous cous and vegetables	Rolls with fruit/vegetable sticks

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Snack options: Apples, Bananas, Pears, Dried fruit, Carrots, Cucumber, Pepper, Tomatoes and Rich tea biscuits.

Tea options: Same as snack options, rotate daily to ensure a varied diet.



Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	Selection of Cereals, Toast & Porridge				
<u>Morning snack</u>	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water	Fruit and vegetable sticks with milk or water
<u>Lunch</u>	Chilli and rice V – Quorn mince	Chicken casserole V – Quorn pieces	Feta pasta and peas	Sweet potato and chickpea curry	Lentil hotpot and cous cous
<u>Pudding</u>	Banana cupcakes	Ice-cream	Fruit salad	Jelly	Dried fruit
<u>High tea</u>	Spaghetti on toast	Wraps with fruit/vegetable sticks	Tuna salad	Sandwiches with fruit/vegetable sticks	Make your own pizza muffins

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Children have access to fresh water at all times throughout the day and milk is offered with meals.

Snack options: Apples, Bananas, Pears, Dried fruit, Carrots, Cucumber, Pepper, Tomatoes and Rich tea biscuits.

Tea options: Same as snack options, rotate daily to ensure a varied diet.