

# Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereal, porridge, or weetabix with a variety milks or water A selection of fresh berries, stewed apples, bananas and cinnamon C/G, M				
<b>Snack</b>	Watermelon & wholegrain crackers W	Wholemeal pitta bread cucumber and peppers W, S	Rice cakes and apples	Breadsticks with tzatziki souce M, W, S	Make your own melon face with a selction of melon
<b>Lunch</b>	Chicken & mixed vegetable curry ... with wholegrain rice W	Vegetable bean chilli ... with homemade potato wedges and carrots	Roast turkey/ (Quorn) ... With roasted vegetables & sweet potato	French Ratatouille with mixed beans ... with boiled rice W	Salmon with greens and crème fraîche ... with wholemeal pasta shells M, F, W
<b>Dessert</b>	Natural Yoghurt M	Fresh in season fruit salad	Trio of melon and natural yoghurt dip M	Apples and pears or in season fruit	Sugar free baby oat bites W
<b>Snack</b>	Pears and oranges	Mango and pears	Oat cakes and carrot batons W	Banana and wholemeal toast W	Crackers, cucumber sticks and cottage cheese M, W
<b>Hot Tea</b>	Sardines in tomato and vegetable sauce with spaghetti and broccoli F, W	Wholemeal pasta bake with chorizo and mushroom (Mushroom pasta topped with cheese) Mixed salad M, W	Lentil soup ... with wholemeal bread W	Chicken/Quorn fajitas with couscous ... Broccoli and mixed peppers W	Beef and vegetable stew (mixed vegetables) ... with sweet potatoes
<b>Dessert</b>	Banana Bread with Vanilla Coconut Custard M	Courgette and raisin muffin W	Rhubarb crumble M, W	Honey oat biscuits	Natural yoghurt and fresh in season fruit M

- A variety of Milks and water offered during all snack times
- Cakes have 40g of fresh fruit/15g of dried fruit and made with no sugar
- If necessary, a vegetarian protien is always offered instead of the meat/fish option