



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30 am	Cereals for the children to choose from, oats, Weetabix, shredded wheat with full fat/semi skimmed milk and water	Cereals for the children to choose from, oats, Weetabix, shredded wheat with full fat/semi skimmed milk and water	Cereals for the children to choose from, oats, Weetabix, shredded wheat with full fat/semi skimmed milk and water	Cereals for the children to choose from, oats, Weetabix, shredded wheat with full fat/semi skimmed milk and water	Cereals for the children to choose from, oats, Weetabix, shredded wheat with full fat/semi skimmed milk and water
Snack 10:15 am	A selection of fruit and veg with milk/ water Cucumbers peppers apples nectarines orange plum	A selection of fruit and veg with milk/ water Cucumbers peppers apples nectarines orange plum	A selection of fruit and veg with milk/ water Cucumbers peppers apples nectarines orange plum	A selection of fruit and veg with milk/ water Cucumbers peppers apples nectarines orange plum	A selection of fruit and veg with milk/ water Cucumbers peppers apples nectarines orange plum
Lunch 12 pm	Pasta with a homemade marinara sauce sprinkled cheese and served with fresh vegetables. Natural yogurt/fromage frais	Homemade Tuna patties served with orzo, peas and brocolli. Homemade fruit compote	Baked salmon, roast potatoes and carrots. Natural yoghurt/fromage frais	Vegetarian shepherds pie served with peas and sweetcorns Homemade fruit compote	Wholemeal pita served with cream cheese, hummus or tuna, and fresh vegetables.
Snack 2:45 am	An assortment of crackers/ corn thins/ rice cakes and spreads/ butter/ hummus/marmite With milk and water	An assortment of crackers/ corn thins/ rice cakes and spreads/ butter/ hummus/marmite With milk and water	An assortment of crackers/ corn thins/ rice cakes and spreads/ butter/ hummus/marmite With milk and water	An assortment of crackers/ corn thins/ rice cakes and spreads/ butter/ hummus/marmite With milk and water	
Dinner 5 pm	Jacket potato served with cheese, tuna and sweetcorn. Cooked apple with custard	Wholemeal pita-pizza with peppers, mushrooms cheese. Yogurt and berry compote	Baked beans served with wholemeal toast and cheese. Cooked apple with custard	Soup of the day served with bread or crackers with a side of tuna. Yogurt and berry compote	