

Week One

	Breakfast 8:00am	Snack	Lunch	Pudding	Tea 4:00pm
Monday	Oatmeal cereal, oranges and milk	Crackers with spread Water and Milk	Chickpeas pilau rice with yogurt V	Vanilla Ice Cream Fresh Fruit	Beans and waffles V Water and milk
Tuesday	Choice of wholemeal toast ,bananas and milk	Carrot sticks Water and Milk	Vegetable tomato pasta bake V	Fruit Yogurts Fresh Fruit	Mixed vegetable rice V Water and milk
Wednesday	Crumpets with butter Oranges Milk or water	Bananas Water and Milk	Jacket potato with Sweetcorn,tuna and cheese V (available in veg option)	Rice Krispies Fresh Fruit	Cheese and tomato sandwiches V Water and milk
Thursday	Choice of toast ,bananas and milk	Toast and cheese spread Water and Milk	Minestrone soup with Buttered bread V	Mini Rolls Fresh Fruit	Tomato pasta V Water and milk
Friday	Oatmeal cereal, oranges and milk	Pears and oranges Water and Milk	Kidney beans curry with Rice and Popadoms V	Fruit Salad Fresh Fruit	Soup of the Day V Water and milk



"PLAY... LEARN... & GROW TOGETHER!"



**Week
two**

	Breakfast 8:00am	Snack	Lunch	Pudding	Tea 4:00pm
Monday	Brown bread Toast Bananas & Milk	Satsumas Water and milk	Vegetable pasta and cucumber salad ✓	Raisins Fresh fruit	Sweet potato wedges and beans ✓ Water and milk
Tuesday	Choice of cereal and Apples & milk	Banana Water and milk	Qourn Chicken and salad in wholemeal pitta bread ✓	Chocolate Rice Krispies Fresh fruit	Veg soup with wholemeal toast ✓ Water and milk
Wednesday	Brown bread Toast Bananas & Milk	Apples Water and milk	Chinese rice with Prawn crackers or Thai crackers ✓	Custard Fresh fruit	Vegetable Brown Noodles ✓ Water and milk
Thursday	Choice of cereal and Apples & milk	Breadsticks with variety of dips Water and milk	Vegetable soup with garlic bread ✓	Flavoured yogurts	Mixed vegetable rice ✓ Water and milk
Friday	Crumpets with butter Oranges Milk or water	Toast and Cucumbers	Fish fingers, mash potato and garden peas or Vegetable Fingers ✓	Fruit salad	Butter and cheese sandwiches ✓ Water and milk



"PLAY... LEARN... & GROW TOGETHER!"



Week three

	Breakfast 8:00am	Snack	Lunch	Pudding	Tea 4:00pm
Monday	Crumpets with butter Oranges Milk or water	Choice of spreads on toast Water and milk	Potatoes and kidney beans curry with rice and cucumbers <u>V</u>	Fruit Yogurts Fresh Fruit	Tomato pasta <u>V</u> Water and milk
Tuesday	Choice of Cereal and Fruit Milk or water	Tomatoes and Pears Water and milk	Jacket potato with Sweetcorn,tuna and cheese <u>*(available in veg option) V</u>	Custard Fresh Fruit	Golden Veg rice <u>V</u> Water and milk
Wednesday	Brown Bread Toast and Apples Milk or water	Raisins and bananas Water and milk	Spaghetti and quorn mince bolognaise with Home made Tomato sauce <u>V</u>	Flapjacks Fresh Fruit	Waffles and Beans <u>V</u> Water and milk
Thursday	Choice of Cereal and Oranges Milk or water	Pitta Bread with Hummus Dips Water and Milk	Vegetable Soup with Buttered Bread <u>V</u>	Angel delight Fresh Fruit	Cheese Sandwiches <u>V</u> Water and milk
Friday	Oatmeal Cereal and Bananas Milk or water	Crackers and Apples Water and milk	Cheese and Tomato Pizza with Potato Wedges and Garden Peas <u>V</u>	Fruit Salad	Soup of the Day <u>V</u> Water and milk



"PLAY... LEARN... & GROW TOGETHER!"



**Week
four**

	Breakfast 8:00am	Snack	Lunch	Pudding	Tea 4:00pm
Monday	Cereals and apples Milk or water	Bananas Water and milk	Pasta Bake in white Sauce and Boiled Vegetables <u>V</u>	Custard Fresh Fruit	Tomato Soup and brown bread Toast <u>V</u> Water and milk
Tuesday	Cereals and apples Milk or water	Cucumber Sandwiches Water and milk	Tomatoe Soup, Baguett's, and Broccoli Side	Raisins Fresh Fruit	Cheesy mash and beans and salad <u>V</u> Water and milk
Wednesday	Weetabix and bananas Milk or water	Breadsticks with variety of dips Water and milk	Stir fry veg noodles with prawn crackers or mini pappodams <u>V</u>	Chocolate brownies Fresh fruit	Vegetable Rice <u>V</u> Water and milk
Thursday	Crumpets with butter Oranges Milk or water	Crackers and tomatoes Water and milk	Vegetable rice with yogurt <u>V</u>	Flapjacks Fresh Fruit	Tomato brown Pasta <u>V</u> Water and milk
Friday	Weetabix and toast bananas milk or water	Oranges and Raisins Water and milk	Fish Fingers and Mashed potatoes and Spaghetti Hoops sweetcorn or Vegetable Fingers <u>V</u>	Fruit Yogurts Fresh Fruit	Sandwiches a choice of filling, Tuna, cheese, cucumbers.



"PLAY... LEARN... & GROW TOGETHER!"

