



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Selection of cereals & Wholemeal toast served with milk and water</i>				
Snack	<i>Apricots and Apples</i>	<i>Cheese cubes and Melon</i>	<i>Satsumas and Rice Cakes</i>	<i>Hummus with Carrot Sticks</i>	<i>Bananas and Pears</i>
Lunch	<i>Fusilli Pasta alla Genovese served with French beans, new potatoes and root vegetables</i>	<i>Shepherd's Pie served with carrots and swede</i>	<i>Beef and Bean crumble served with Mixed vegetables</i>	<i>Chicken Curry with sweet Potato and sweetcorn served with Brown Rice</i>	<i>Cod in cheese sauce with garden peas topped with Potato and Parsnip Mash</i>
Dessert	<i>Sliced Banana</i>	<i>Fruit Yogurt</i>	<i>Fresh fruit salad</i>	<i>Baked Pears</i>	<i>Natural yogurt and Honey</i>
Tea	<i>Wholemeal Rolls with cheese and cucumber</i>	<i>Tuna and mayonnaise wholemeal rolls</i>	<i>Jacket Potatoes with Cheese</i>	<i>Minestrone soup served with toasted ciabatta garlic bread</i>	<i>Chicken and Vegetable Fajitas</i>
Fruit/vegetable platter	<i>Carrots, Peppers, pears and blueberries</i>	<i>Olives, Cucumber Kiwi and Apples</i>	<i>Cherry Tomatoes, Carrots, Banana and Grapes</i>	<i>Pepper, sugar snap peas, apples and raisins</i>	<i>Cucumber, Olives apples and Blueberries</i>

We cater for all children with varying diets, taking into account allergies, cultural and religious requirements and make adaption's in order to support each child and family