



## Week 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	<i>A selection of cereals &amp; wholemeal toast served with milk or water</i>				
<b>Snack</b>	<i>Apples and apricots</i>	<i>Satsumas and rice cakes</i>	<i>Cheese cubes and melon</i>	<i>Pears and Raisins</i>	<i>Hummus with Carrot sticks</i>
<b>Lunch</b>	<i>Wholemeal pasta and tuna bake with aubergines, broccoli and French beans</i>	<i>Chicken alla pizzaiola in marinara sauce with roast potatoes and root vegetables</i>	<i>Roast haddock and Vegetable Casserole Served with Couscous</i>	<i>Greek Lamb and Macaroni Bake with Courgettes and Peas</i>	<i>Beef Chilli con carne with Brown rice served with salad</i>
<b>Pudding</b>	<i>Mango yogurt</i>	<i>Seasonal fresh fruit salad</i>	<i>Natural yogurt with Muesli</i>	<i>Bananas with Crème fraiche</i>	<i>Summer Fruit Dessert</i>
<b>Tea</b>	<i>Wholemeal pitta bread served with chicken and salad</i>	<i>Toasted crumpets with cheddar cheese</i>	<i>Pasta salad with cheese and cucumber</i>	<i>Homemade vegetable soup served with toasted wholemeal bread</i>	<i>Jacket Potatoes with Cheese</i>
<b>Fruit/vegetable platter</b>	<i>Sugar snap peas, Tomatoes, grapes and pears</i>	<i>Olives, cucumber, apple and blueberries</i>	<i>carrots, sugar snap peas, pears and raisins</i>	<i>Olives, Tomatoes, kiwi and blueberries</i>	<i>Carrots Peppers, apricots and apples</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