



Week 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|---|---|--|--|---|
| Breakfast | <i>A selection of cereals & wholemeal toast served with milk or water</i> | | | | |
| Snack | <i>Apples and raisins</i> | <i>Pears and apricots</i> | <i>Grapes and blueberries</i> | <i>Pineapple and cheese cubes</i> | <i>Rice cakes and apples</i> |
| Lunch | <i>Wholemeal pasta and cheese bake served with sweetcorn and Broccoli</i> | <i>Chicken and vegetable casserole with a pastry topping, served with potato and parsnip Mash</i> | <i>Roast haddock fillet served with roast potatoes and root vegetables</i> | <i>Moroccan lamb bake served with chickpeas and carrots served with couscous</i> | <i>Spaghetti Bolognese served with mixed pepper salad</i> |
| Dessert | <i>Natural yogurt with muesli</i> | <i>Seasonal fresh fruit salad</i> | <i>Mango yogurt</i> | <i>Baked Pears</i> | <i>Sliced banana</i> |
| Tea | <i>Wholemeal Egg and Tomato Sandwiches</i> | <i>Toasted Muffins with Cheese</i> | <i>Country Vegetable Soup Served with Wholemeal Bread and Butter</i> | <i>Tuna, tomato and olive pasta</i> | <i>Homemade pizza selection</i> |
| Fruit/vegetable platter | <i>Banana, kiwi, Carrots and olives</i> | <i>Peppers, Sugar snap Peas, Apples and Blueberries</i> | <i>Cucumber, carrots, banana and kiwi</i> | <i>Sugar snap peas, peppers, raisins and apples</i> | <i>Cucumber, tomatoes, pears 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