

# Menu

We offer children readily available water throughout the day, both indoor and outside. Breakfast is served with milk

## Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Chilli con carne (Quorn.mince) served with rice, vegetables	Chicken served with Cous cous, vegetables and chick peas	Lentil daal with brown rice and vegetables	Jacket Potatoes with grated cheese, tuna and coleslaw	Baked Salmon, with potato and sweet potato wedges with homemade mushy peas
Vegetarian Option	As Above	Quorn chicken	As Above	As Above	As Above
Week two	Spaghetti bolognaise (Beef mince)	Salmon and tomato with Brown pasta and vegetables	Shepherds Pie with quorn mince and vegetables	Baked cod fish with tomato sauce and baked potato and sweet potato wedges with vegetables	Roast chicken with vegetables and potatoes
Vegetarian Option	Quorn mince	As Above	As Above	As Above	Quorn chicken

## Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed Fruit	Mixed fruit	Yogurt and fruit	Mixed fruit	Yogurt and fruit

### Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Cucumber (finger shapes)* + rice cakes	Cheese (finger shapes)* + crackers	2 mix fruit (banana/ strawberries/kiwi + apple/pear)	Cucumber (finger shapes)* + breadstick	2 mix fruit (banana/ strawberries/kiwi + apple/pear)

- For under 1 years old these are grated

### Afternoon tea

Monday	Tuesday	Wednesday	Thursday	Friday
Hummus and dips with bread or pitta	Tuna/cheese Sandwiches	Hard dough bread with cheese	Hummus and dips with bread or pitta	Homemade Flapjacks (no added sugar or syrup) / Oats biscuits and vegetable fingers (for under 1 year olds these are grated)
Water	Water	Water	Water	Water

### Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Weetabix, Porridge or brown toast	Weetabix, Porridge or brown toast	Weetabix, Porridge or brown toast	Weetabix, Porridge or brown toast	Weetabix, Porridge or brown toast