



OUR MENU

FRESHLY COOKED ON SITE

MONDAY

WEDNESDAY **THURSDAY**

FRIDAY

BREAKFAST

PTION OF CEREAL INCLUDING SHREDDIES, CHEERIOS, PORRIDGE RICE KRISPIES AND CORNFLAKES, TOAST AND FRUIT

MiD-MORNING
SNACK

Breadsticks with
a selection of dips
(hummous, salsa
& sour cream)

LUNCH

MiD-AFTERNOON
SNACK

TEA

MiD-MORNING SNACK	Breadsticks with a selection of dips (hummous, salsa & sour cream)	Fruit Apple, pear, banana & satsuma	Crackerbreads and crackers with soft cheese & pepper sticks	Fruit Apple, pear, banana & satsuma	Fruit scone with spread
LUNCH	Shepherds pie with carrot and swede	Fruit Roast chicken, roasted new potatoes Yorkshire pudding, green beans & gravy	Fish goujons with chips & peas	Fruit Vegetables lasagne served with garlic bread	Fruit Chilli con carne served with white rice
MiD-AFTERNOON SNACK	Seasonal fruit salad	Fruit Icecream, wafers and fruit coulis	Fruit Chocolate chip muffin	Fruit Strawberry frozen yogurt	Fruit Mixed melon platter
TEA	Pizza with ham & pineapple topping	Fruit Apple, pear, banana & satsuma	Fruit Shortbread and raisins	Fruit Ricecakes - choice of caramel, salt & vinegar, lightly salted or chocolate chips	Fruit Apple, pear, banana & satsuma
	Bagels with cream cheese and carrot sticks	Fruit Jacket potato with tuna mayonnaise and sweetcorn	Fruit Beans on white toast	Sandwiches with a choice of fillings and veg sticks	

Menus are produced under the guidance of a nutritionist. If your child has any special dietary requirements, please speak to the team who can arrange an alternative. If items are not available, our chefs will supplement with items of similar nutritional value.

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WEEK 3