

Menu - Week One

Mon

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or fruit



AM Snack

Seasonal fruit
Milk or water



Lunch

Vegetable quesadilla's with salad
OR lunchbox



Berries & greek yoghurt



PM Snack

Watermelon ice
Milk or water



Tea

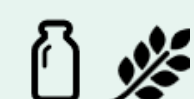
Sandwiches



Tue

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or fruit



AM Snack

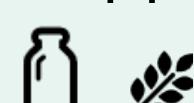
Seasonal fruit
Milk or water



Lunch

Mixed bean chilli with rice
OR lunchbox

Raspberry & apple flapjack



PM Snack

Vegetable sticks & home made dip
Milk or water



Tea

Leek, potato & butterbean soup with bread roll



Wed

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or fruit



AM Snack

Seasonal fruit
Milk or water



Lunch

Spanish tortilla with salad
OR lunchbox



Homemade banana ice cream

PM Snack

Lentil rice crackers
Milk or water



Tea

Crackers & cream cheese



Thu

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or fruit



AM Snack

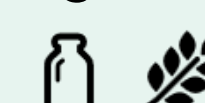
Seasonal fruit
Milk or water



Lunch

Chicken & vegetable tray bake
OR lunchbox

Frozen yoghurt bark



PM Snack

Biscuit
Milk or water



Tea

Pizza muffins



Fri

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or fruit



AM Snack

Seasonal fruit
Milk or water



Lunch

Vegetarian bolognese
OR lunchbox

Bananas & custard



PM Snack

Pineapple & cheese sticks
Milk or water



Tea

Fish finger sandwiches



Allergens

Key:

Gluten

Egg

Dairy

Fish

Lupin

Nuts

Mustard

Crustaceans

Molluscs

Soya

Sesame

Sulphate

Celery

Please note we are a nut free setting: All ingredients used within the setting have been identified as nut free.

We use **dairy free** butter for all children in our setting.

Fresh drinking water is provided at every meal time and is available at our drinks station for the children throughout the day.

Menu - Week Two

Mon

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or



AM Snack

Seasonal fruit
Milk or water



Lunch

Vegetable curry
OR lunchbox

Greek yoghurt & berries



PM Snack

Vegetable sticks
Milk or water



Tea

Toasted crumpets



Tue

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or



AM Snack

Season fruit
Milk or water



Lunch

Chicken salad with sweet potato fries
OR lunchbox

Home made apple cake

PM Snack

Pitta fingers & home made hummus
Milk or water



Tea

Mini jacket potatoes



Wed

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or



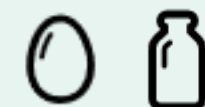
AM Snack

Season fruit
Milk or water



Lunch

Feta & spinach frittata & salad sticks
OR lunchbox



Stewed fruit and crumble sprinkles

PM Snack

Buttered crackers
Milk or water



Tea

Carrot & corriander soup with bread roll



Thu

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or



AM Snack

Season fruit
Milk or water



Lunch

Tuna pasta bake with rainbow coleslaw
OR lunchbox



Homemade date biscuit

PM Snack

Banana sticks
Milk or water



Tea

Cream cheese on toast



Fri

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or



AM Snack

Season fruit
Milk or water



Lunch

Sausage & mash
OR lunchbox

Homemade fruit smoothie bowl

PM Snack

Biscuit
Milk or water



Tea

Wholemeal bread rolls with choice of filling



Allergens

Key:



Gluten



Egg



Dairy



Fish



Lupin



Nuts



Mustard



Crustaceans



Molluscs



Soya



Sesame



Sulphate



Celery

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Menu - Week Three

Mon

Breakfast

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fruit


AM Snack

Seasonal fruit
 Milk or water



Lunch

Macaroni cheese & salad
 OR lunchbox

Greek yoghurt & berries



PM Snack

Breadsticks & home made tzatziki dip

Milk or water

Tea

Sandwiches with choice of filling

Tue

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries

or fruit


AM Snack

Seasonal fruit
 Milk or water



Lunch

Vegetable quiche & new potatoes
 OR lunchbox

Banana ice cream



PM Snack

Tea cake

Milk or water

Tea

Cous cous salad, pitta fingers & homemade tzatziki

Wed

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or

fruit


AM Snack

Seasonal fruit
 Milk or water



Lunch

Roast chicken, potatoes, vegetables & yorkshire pudding
 OR lunchbox



  

Melon

PM Snack

Wrap fingers

Milk or water

Tea

Muffin pizzas

Thu

Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or

fruit


AM Snack

Seasonal fruit
 Milk or water



Lunch

Beef chilli with sweet potato wedges
 OR lunchbox

Fruit compot

PM Snack



Rice cakes

Milk or water



Tea

Pitta pockets with choice of topping

Fri


Breakfast

Rice krispies, wheetabix, cheerios, cornflakes, porridge, toast on white or brown bread, pastries or

fruit


AM Snack

Seasonal fruit
 Milk or water



Lunch

Fish curry with wholemeal rice
 OR lunchbox



Apple & raspberry flapjack



PM Snack

Fruit medley

Milk or water



Tea

Fruit loaf

Allergens

Key:

 **Gluten**

 **Egg**

 **Dairy**

 **Fish**

 **Lupin**

 **Nuts**

 **Mustard**

 **Crustaceans**

 **Molluscs**

 **Soya**

 **Sesame**

 **Sulphate**

 **Celery**

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