

Example Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals with milk, toast with a variety of different spreads and fresh fruit is on offer daily between 7am and 8.45am				
Snack	Vegetable Sticks	Rice cakes	Dried fruit selection	Carrot and pepper batons	Fresh fruit platter
Lunch	Chicken and vegetable curry with naan bread Fruit jam Sponge	Vegetable chilli con carne, potato wedges and broccoli Fresh fruit salad	Roast turkey, roast potatoes and cauliflower and broccoli cheese Blueberry yogurt	Beef lasagne and mixed salad Raisin muffins	Cod fishcakes, sweetcorn and mixed salad Peach yogurt
Snack	Fresh fruit platter	Cheese straws and Cucumber sticks	Fresh fruit	Breadsticks and Hummus	Sliced cheese and pineapple rings
High Tea	Tuna pasta bake with sweetcorn Strawberry yogurt	A selection of sandwiches with vegetable sticks Raspberry Jelly	Home-made pizza with salad Cinnamon honey oat cookies	Baked beans on wholemeal toast with cucumber sticks Sliced apple and pear	Jacket potatoes with a Variety of fillings Shortbread biscuits

Water is available for the children throughout the day and a choice of milk or water is offered at mealtimes

Alternatives are available for specific dietary requirements and allergies. For more information please speak to a member of the team.



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