

## Winter Menu - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	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				
<b>Snack</b>	Fresh fruit platter	Rice cakes	Dried fruit	Carrots/ Pepper sticks	Fresh fruit platter
<b>Lunch</b>	Vegetable stir fry with noodles  Peaches and crumble	Thai chicken curry  Fruit crumble	Beef lasagne With seasonal vegetables  Peach crumble	Pork Swedish meatballs with spaghetti  Rice crispie cakes	Fish cakes with wedges & mixed vegetables  Vanilla yogurt
<b>Snack</b>	Fresh fruit platter	Cheese straws and Cucumber sticks	Fresh fruit	Breadsticks and hummus	Sliced cheese and pineapple rings
<b>High Tea</b>	Homemade pizza and vegetable batons  Lemon sponge	Crumpets with topping selection & vegetable sticks  Cinnamon honey oat cookies	Wholemeal wraps with a selection of fillings and cherry tomatoes  Bakewell tart	Beans on Wholemeal Toast With cucumber sticks  Banana cake	Jacket potato with beans or tuna with salad  Fruit jelly

\*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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