

Summer MENU WEEK 1

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	A selection of cereals with milk, toast, and fresh fruit				
<u>Snack</u>	Apple Slices	Cheese and Crackers	Rice cakes	Breadsticks Crackers	Banana
<u>Lunch</u>	Cottage Pie with Cabbage Ginger Cake	Pasta Carbonara with Broccoli Fruit with Sugar free jelly	Thai Chicken Curry with Farmhouse vegetables and rice Shortbread	Beef lasagne with Carrots Fromage Frais	Fish Fingers with New Potatoes and Peas Fruit Salad
<u>Snack</u>	Breadsticks	Rice cakes	Apple Slices	Orange slice	Cheese and Crackers
<u>High Tea</u>	French Bread Pizza and Salad	Tomato and lentil soup with wholemeal bread	Jacket Potato and cheese	Cheese Ploughman's	Tuna Sweetcorn pasta salad

* 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. Puddings have reduced sugar content where possible. If you prefer your child not to have one, please let your room know. Depending on your child's stage of weaning please speak to the Ladybirds room leader as this is prepared for your child's individual needs by the chef.