



Menu 3

Time	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7.30 to 8.45am	Breakfast	A choice of cereals, toast or porridge	A choice of cereals, toast or porridge	A choice of cereals, toast or porridge	A choice of cereals, toast or porridge	A choice of cereals, toast or porridge
		Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
10.00 to 10.30	Mid-morning snack	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
		Water or milk	Water or milk	Water or milk	Water or milk	Water or milk
11.30am	Lunch	Spaghetti bolognese served with seasonal vegetables	Spinach, mushroom & ricotta lasagne served with seasonal vegetables	Minted lamb, root veg & pearl barley casserole served with seasonal vegetables	Roast chicken served seasonal vegetables	Tuna & tomato pasta bake served with seasonal veg
		Fruit pie & custard	Fruit salad	Carrot cake & crème fraiche	Fruit salad	Rice pudding with stewed fruit coulis
		Water	Water	Water	Water	Water
2pm to 2.30pm	afternoon snack	Vegetables & crackers	Vegetables & crackers	Vegetables & crackers	Vegetables & crackers	Vegetables & crackers
		Water or milk	Water or milk	Water or milk	Water or milk	Water or milk
4pm	Tea	Tuna & sweetcorn jackets	Smoked mackerel pate sandwiches and cucumber sticks	Cheese risotto	Chicken sandwiches with veggie sticks	Soup of the day with home made rolls
		Fruit yoghurt	Cake of the day	Grapes & Greek yoghurt	Fromage Frais	Fruit bagel
		Water	Water	Water	Water	Water
5.45pm to 6pm*	Evening snack	Crackers & fruit	Crackers & fruit	Crackers & fruit	Crackers & fruit	Crackers & fruit
		Water or milk	Water or milk	Water or milk	Water or milk	Water or milk

* Please request evening snack for your child if you require it.

Throughout the week, we serve a wide variety of seasonal fruit for snacks and puddings, such as apples, bananas, grapes (quartered), peaches, mandarin oranges, pear, apple, rhubarb, melon, plums...
 Afternoon snack is savoury and includes a range of salad and vegetables including: tomatoes, carrots, courgettes, peppers and cucumber, avocado...