



Menu 2

Time	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am-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
10.00am	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	Moroccan chicken with apricots, chickpeas, cous cous served with seasonal veg	Meatballs with tomato sauce served with pasta served with seasonal veg	Chicken & ham pie with mash & served with seasonal veg	Salmon & broccolli pasta served with seasonal veg	Shepherd's pie served with seasonal veg
		Rice pudding with fruit compote	Raspberries with dairy ice cream	Peaches & cream	Fruit crumble with custard	Banana cake with banana & crème fraiche & banana
		Water	Water	Water	Water	Water
		Vegetables & crackers	Vegetables & crackers	Vegetables & crackers	Vegetables & crackers	Vegetables & crackers
2pm to 2.30pm	Mid-afternoon snack	Whole milk or water	Whole milk or water	Whole milk or water	Whole milk or water	Whole milk or water
		Tuna & cheddar cheese sandwiches with carrot sticks	Cheesy bean* jackets *low salt & sugar	Soft cheese & sandwiches on wholemeal bread with veggie sticks	Lovely lentil 'dip dip' soup with bread sticks	Smoked mackerel pate sandwiches & veggies
4pm	Tea	Fruit yoghurt	Fruit cake or fruit	Rasperry compote & vanilla yoghurt	Fruit scones	Fruit salad & cream
		Water	Water	Water	Water	Water
		Crackers & fruit	Crackers & fruit	Crackers & fruit	Crackers & fruit	Crackers & fruit
5.45pm to 6pm	Evening snack	Water	Water	Water	Water	Water

* 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...