

Menu 1



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	Fish pie topped with potato served with seasonal veg	Beef and vegetable lasagne with garlic bread served with seasonal veg	Roast chicken served with seasonal vegetables	Chilli con Carne served with seasonal veg	Homemade fish cakes, potato wedges served seasonal veg
		Fruit and custard	Chocolate Semolina	Fruit crumble	Sticky toffee & date pudding	Fruit salad
		Water	Water	Water	Water	Water
2pm to 2.30pm	Mid-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	Cheese sandwiches with vegetable sticks	Butternut squash risotto	Soup of the day	Homemade pizza with baked beans	Chicken sandwiches with celery sticks
		Fruit salad & yoghurt	Cherry cake	Fruit Yogurt	Petit Filous	Fruit bagels
		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...