



WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
Snack	Fresh fruit platter	Cheese Straws, Cucumber and rice cakes	Mixed fresh and dried fruits	Carrots, houmous and breadsticks	Fresh fruit platter
Lunch	Chicken and vegetable curry with naan bread and boiled rice Strawberry Yoghurt	Beef and vegetable stew with dumplings and baguette Rice Pudding	Roast chicken with roast potatoes and cauliflower cheese Chocolate Sponge	Beef lasagne with peas and sweetcorn Apple and pears	Cod fishcakes, potatoes and sweetcorn Peach Yoghurt
Hot Tea	Grilled honey and lemon salmon with noodles and broccoli Gingerbread people	Vegetable pasta bake and garlic bread Fresh fruit salad	Butternut squash soup and crusty bread Blueberry Yoghurt	Jacket potato, beans, cheese, tuna and salad Cake and Custard	Spanish chicken with couscous and broccoli Shortbread Biscuit

We tailor our menus to reflect children's choice (we find this out during conversations at meal times) and introduce one new food or dish for the children to try every week. We also ensure that children are introduced to a variety of fresh fruits and vegetables.



WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
Snack	Fresh fruit platter	Cheese Straws, Cucumber and rice cakes	Mixed fresh and dried fruits	Carrots, houmous and breadsticks	Fresh fruit platter
Lunch	Beef spaghetti bolognaise with mixed salad raspberry Yoghurt	Vegetable and sweet potato curry with basmati rice and naan bread Orange sponge	Roast chicken with roast potatoes and Carrots Chocolate rice cakes	Macaroni cheese with mixed salad and butternut squash Fresh fruit salad	Fish fingers new potatoes and peas Lemon curd yoghurt
Hot Tea	Tomato soup with bread flapjacks	Chicken wraps with salad Fresh fruit salad	Homemade ham and pineapple pizza with mixed salad Vanilla Yoghurt	Beef burgers with potato wedges and sweet corn Apple crumble Custard	Beef chilli con carne with boiled rice and broccoli Strawberry Jelly

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WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
Snack	Fresh fruit platter	Cheese Straws, Cucumber and rice cakes	Mixed fresh and dried fruits	Carrots, houmous and breadsticks	Fresh fruit platter
Lunch	Spinach and ricotta tortellini in tomato with mixed salad strawberry Yoghurt	Minced beef with mashed potato and green beans Fresh fruit salad	Shepard's pie with mixed vegetables Carrot cake	Chicken and leek pie with mash potatoes and carrots Apple and pear	BBQ chicken with seasoned rice and vegetables Raspberry yoghurt
Hot Tea	Sweet 'n' sour chicken and vegetables with boiled rice Lemon sponge	Cheese and tomato pizza with potatoes wedges and baked beans Bananas and custard	Cod fish finger with new potatoes and peas Mixed berry Yoghurt	Carrot and lentil soup with baguette Chocolate shortbread	Beef burger with potato wedges and sweetcorn Iced fruit lolly

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WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
Snack	Fresh fruit platter	Cheese Straws, Cucumber and rice cakes	Mixed fresh and dried fruits	Carrots, houmous and breadsticks	Fresh fruit platter
Lunch	Pork sausages with sweet potato mash and parsnips and carrot Mixed berry yoghurt	Roast chicken with roast potatoes and broccoli Fresh fruit salad	Vegetable pasta bake with mixed salad Apple crumble with custard	Beef, vegetable and lentil curry with naan bread and rice Fresh fruit platter	Salmon fish fingers with roasted new potatoes and corn on the cob Vanilla yoghurt
Hot Tea	Tuna pasta bake with mixed salad Cinnamon honey oat cookies	Beef and tomato meatballs with rice and mixed vegetables Lemon sponge	Mediterranean Stew with bulgur wheat and green beans Strawberry Yoghurt	Breaded chicken pieces with potato wedges and peas Banana sponge and custard	Scrambled eggs with beans and toast Raspberry jelly

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