



## Spring & Summer – Week 1

	Breakfast 7.30 to 9am	Snack 10am	Dinner 10.50am	Snack 1.30pm	Tea Snack 3pm
Monday	Option of 4 cereals with sultanas  Fresh water to drink	Fruit in a bowl for children to help themselves  Fresh water to drink	Chicken and sweetcorn pesto bake  Melon and raisins  Fresh water to drink	Option of a piece of fruit or veg - carrot stick or apple slice  Fresh water to drink	Cheesy beans with wholemeal toast  Yoghurt pot  Fresh water to drink
Tuesday	Option of 4 cereals with chopped apples  Fresh milk to drink	Fruit in a bowl for children to help themselves  Fresh water to drink	Ocean pie with cod, salmon, haddock, peas and mash with cream cheese sauce  Strawberry fruit jelly  Fresh water to drink	Option of a piece of fruit or veg - peppers or strawberry  Fresh water to drink	Ham and tomato on brown bread  Peach slices  Fresh water to drink
Wednesday	Option of 4 cereals with berries  Fresh water to drink	Fruit in a bowl for children to help themselves  Fresh water to drink	Sweet potato curry with mixed vegetables and brown rice  Lemon cake and custard  Fresh water to drink	Option of a piece of fruit or veg - pear slices or carrot cut into chunks  Fresh water to drink	Homemade tomato and lentil soup with brown bread  Yoghurt pot  Fresh water to drink
Thursday	Option of 4 cereals with strawberries  Fresh water to drink	Fruit in a bowl for children to help themselves  Fresh water to drink	Meatballs with mash, peas and gravy  Cherry flapjack  Fresh water to drink	Option of a piece of fruit or veg - banana or cucumber  Fresh water to drink	Homemade potato wedges with garlic mayo dip  Sliced apple  Fresh water to drink
Friday	Option of 4 cereals with blueberries  Fresh water to drink	Fruit in a bowl for children to help themselves  Fresh water to drink	Roast chicken dinner with cauliflower cheese, peas, mash and gravy  Banana and raisins  Fresh water to drink	Option of a piece of fruit or veg - sliced carrot or orange  Fresh water to drink	Cheese and onion barm cakes with mayonnaise  Yoghurt pot  Fresh milk to drink