



Spring & Summer – Week 2

	Breakfast 7.30 to 9am	Snack 10am	Dinner 10.50am	Snack 1.30pm	Tea Snack 3pm
Monday	Option of 4 cereals with chopped pear Fresh milk to drink	Fruit in a bowl for children to help themselves Fresh water to drink	Homemade lasagne with garlic bread Strawberries Fresh water to drink	Breadstick with beetroot dip Fresh water to drink	Egg mayonnaise sandwiches on brown bread Yoghurt pot Fresh water to drink
Tuesday	Option of 4 cereals with tinned pineapple in juice Fresh water to drink	Fruit in a bowl for children to help themselves Fresh water to drink	Vegetable lentil hotpot with mixed vegetables Yoghurt and raisins Fresh water to drink	Rice cake with hummus spread Fresh water to drink	Homemade pizza with peppers and tomato Fresh slice of orange Fresh water to drink
Wednesday	Option of 4 cereals with sultanas Fresh water to drink	Fruit in a bowl for children to help themselves Fresh water to drink	Fresh fish, mash and beans Jelly and ice cream Fresh water to drink	Option of a piece of fruit or veg - kiwi cut into chunks Fresh water to drink	Pesto and cheese swirls with peppers and tomato 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	Chicken, potatoes, vegetables and gravy Pineapple Fresh water to drink	Bread stick with cream cheese Fresh water to drink	Chicken salad brown wraps Slice of pineapple Fresh water to drink
Friday	Option of 4 cereals with chopped bananas Fresh milk to drink	Fruit in a bowl for children to help themselves Fresh water to drink	Cottage pie with sweet potato topping and peas Blueberries and mango Fresh water to drink	Option of a piece of fruit or veg – carrot or apple Fresh water to drink	Egg and ham tartlets Yoghurt pot Fresh water to drink