



Spring & Summer – Week 3

	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 curry with brown rice Half a banana Fresh water to drink	Option of a piece of fruit or veg – peppers or strawberries Fresh water to drink	Cheese and tomato crackers Yoghurt pot Fresh water to drink
Tuesday	Option of 4 cereals with strawberries Fresh water to drink	Fruit in a bowl for children to help themselves Fresh water to drink	Sausage and bean bake Flapjack Fresh water to drink	Rice cake topped with hummus Fresh water to drink	Cauliflower egg muffin with spinach Slice of apple 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	Tuna pasta bake with sweetcorn Fruit salad Fresh water to drink	Option of a piece of fruit or veg – cucumber chunks or banana (cut into 3 pieces) Fresh water to drink	Hummus, pitta, carrots, cucumber sticks, ham Yoghurt pot Fresh water to drink
Thursday	Option of 4 cereals with chopped bananas Fresh water to drink	Fruit in a bowl for children to help themselves Fresh water to drink	Chilli with wedges and salad Ice cream and a slice of pear Fresh water to drink	Breadsticks with cream cheese Fresh water to drink	Tuna mayonnaise sandwich Slice of pineapple Fresh water to drink
Friday	Option of 4 cereals with raspberries Fresh water to drink	Fruit in a bowl for children to help themselves Fresh water to drink	Chicken breast, coleslaw, new potatoes and sweetcorn Raspberry muffin Fresh water to drink	Option of a piece of fruit or veg – carrot or apple Fresh water to drink	Wedges, chicken, cucumber sticks and beetroot hummus Yoghurt pot Fresh water to drink