



WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (cereal- Weetabix, porridge or muesli)	Cereal with milk or Toast and butter Fruit Milk or water	Cereal with milk or Toast and butter Fruit Milk or water	Cereal with milk or Toast and butter Fruit Milk or water	Cereal with milk or toast and butter Fruit Milk or water	Cereal with milk or Toast and butter Fruit Milk or water
Snacks Comprises 1 or 2 snacks per day – adjust quantity accordingly	Fresh fruit platter over 2 snacks Milk or water	Cheese straws/ Cucumber Rice cakes/ Grapes Milk or water	Fresh fruit Dried fruit Milk or water	Carrots/ Peppers/ Cheese Breadsticks Houmous Milk or water	Fresh fruit platter Over 2 snacks Milk or water
Lunch	Beef spaghetti bolognaise Mixed salad Raspberry yogurt Milk or water	Vegetable and sweet potato curry Basmati rice Nan bread Orange sponge Milk or water	Roast chicken Roast potatoes Carrots Chocolate rice cakes Milk or water	Macaroni cheese Mixed salad Butternut squash Fresh fruit salad Milk or water	Salmon fishcakes New potatoes Peas Lemon curd yogurt Milk or water
Light Meal	Boiled egg Wholemeal toast fingers Cucumber sticks Shortbread Biscuit Milk or water	Wrap with chicken slices salad and tomatoes Pineapple and mango Milk or water	Pasta salad with sliced ham and cucumber Vanilla yogurt Milk or water	Home-made meat balls Couscous Peas Banana flapjacks Milk or water	Small jacket potato Beans Cheese Cucumber Fruit scones Milk or water

We tailor our menus weekly to reflect children's choice (we find this out during conversations at meal times) and introduce at least 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.