



WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (cereal – Weetabix, porridge or muesli)	Cereal with milk or Toast and butter  Fruit  Milk or water	Cereal and milk or Toast and butter  Fruit  Milk or water	Cereal and milk or Toast and butter  Fruit  Milk or water	Cereal and milk or Toast and butter  Fruit  Milk or water	Cereal and milk or Toast and butter  Fruit  Milk or water
Snacks Comprises 1 or 2 snacks per day – adjust quantities 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/ Breadsticks  Cheese Houmous  Milk or water	Fresh fruit platter Over 2 snacks  Milk or water
Lunch	Pork sausages Sweet potato mash Parsnips Carrots  Mixed berry yogurt  Milk or water	Roast chicken Roast potatoes Broccoli  Fresh fruit salad  Milk or water	Vegetable lasagne Mixed salad  Rhubarb crumble  Milk or water	Beef, vegetable and lentil curry Naan bread Rice  Trio of melons  Milk or water	Minced lamb Mashed potato Green beans  Vanilla yogurt  Milk or water
Light Meal	Salmon fishfingers Couscous Peas  Cinnamon honey oat cookies  Milk or water	Homemade cheese & tomato mini pizza Cucumber sticks Celery sticks  Lemon sponge  Milk or water	Wholemeal sandwich or wrap with ham and cherry tomatoes  Strawberry Yogurt  Milk or water	Boiled egg Wholemeal toast Cucumber sticks Cherry tomatoes  Chocolate Shortbread  Milk or water	Small jacket potato with beans or tuna and cheese  Raspberry jelly  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.