



WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (cereal- Weetabix, porridge or muesli)	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	Cereal and 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	Spinach and ricotta tortellini Tomato sauce Mixed salad  Strawberry yogurt  Milk or water	Minced beef Mashed potato Green beans  Fresh fruit salad  Milk or water	Roast ham Roast potatoes Cauliflower cheese  Carrot cake  Milk or water	Chicken and mushroom pie Mixed salad  Baked apple Crème fraiche  Milk or water	Pork and apple meatballs Tomato and vegetable sauce Couscous  Raspberry yogurt  Milk or water
Light Meal	Home-made chicken nuggets Couscous Carrot sticks  Lemon sponge  Milk or water	Wholemeal wrap with cream cheese, cherry tomatoes and celery  Fruit Scone  Milk or water	Tuna pasta bake Mixed salad  Mixed berry yogurt  Milk or water	Scrambled egg Wholemeal toast Cherry tomatoes  Chocolate shortbread  Milk or water	Baked beans Wholemeal toast Cherry tomatoes Celery Sticks  Iced fruit lolly  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.