



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.