



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.