



WEEK ONE	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	Cheese straws/ Cucumber Rice cakes/ Grapes	Fresh fruit Dried fruit	Carrots/ Peppers/ Cheese Breadsticks Houmous	Fresh fruit platter Over 2 snacks
Lunch	Chicken and vegetable curry Nan bread Boiled rice Gingerbread people	Vegetable chilli con carne (Quorn) Potato wedges Broccoli Fresh fruit salad	Roast turkey Roast potatoes Cauliflower cheese Blueberry yogurt	Beef lasagne Mixed salad Fresh bread Courgette and raisin muffins	Cod fishcakes Sweet corn Mixed salad Peach yogurt
Light Meal	Baked beans Wholemeal toast Cucumber sticks Strawberry yogurt	Ham sandwiches Celery sticks Cherry tomatoes Raspberry Jelly	Home-made fish goujons Couscous Peas Cinnamon honey oat cookies	Tuna pasta bake with sweetcorn Sliced Apple/Pear	Home-made cheese and tomato mini pizza Sliced pepper or cucumber Shortbread biscuits

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.