| WEEK ONE | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast (cereal Weetabix, porridge or muesli) | Cereal with milk or Toast and butter <br> Fruit <br> Milk or water | Cereal with milk or Toast and butter <br> Fruit <br> Milk or water | Cereal with milk or Toast and butter <br> Fruit <br> Milk or water | Cereal with milk or Toast and butter <br> Fruit <br> Milk or water | Cereal with milk or Toast and butter <br> Fruit <br> Milk or water |
| Snacks Comprises 1 or 2 snacks per day - adjust quantity accordingly | Fresh fruit platter over 2 snacks | Cheese straws/ Cucumber <br> Rice cakes/ Grapes | Fresh fruit <br> Dried fruit | Carrots/ <br> Peppers/ Cheese <br> Breadsticks Houmous | Fresh fruit platter Over 2 snacks |
| Lunch | Chicken and vegetable curry Nan bread Boiled rice <br> Gingerbread people | Vegetable chilli con carne (Quorn) Potato wedges Broccoli <br> Fresh fruit salad | Roast turkey Roast potatoes Cauliflower cheese <br> Blueberry yogurt | Beef lasagne Mixed salad Fresh bread <br> Courgette and raisin muffins | Cod fishcakes Sweet corn Mixed salad <br> Peach yogurt |
| Light Meal | Baked beans Wholemeal toast Cucumber sticks <br> Strawberry yogurt | Ham sandwiches Celery sticks Cherry tomatoes Raspberry Jelly | Home-made fish goujons Couscous Peas <br> Cinnamon honey oat cookies | Tuna pasta bake with sweetcorn <br> Sliced Apple/Pear | Home-made cheese and tomato mini pizza <br> Sliced pepper or cucumber <br> 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.

