

Sample Menu



	Breakfast	Snack	Lunch	Snack	Tea
Monday	Selection of Cereal and Toast	Milk	Quorn chicken and vegetable curry with rice Seasonal fruit	Rice Cake with butter, blueberries and Milk	Ham Sandwich on wholemeal bread with salad Homemade sugar free pudding
Tuesday	Selection of Cereal and Toast	Milk	Bolognese pasta bake with broccoli and green beans Sugar free Jelly	Pitta strips, hummus, cucumber and Milk	Jacket Potato with cheese and sliced tomato Seasonal fruit
Wednesday	Selection of Cereal and Toast	Milk	Fish fingers, new potatoes and peas Seasonal fruit	Bread stick, cheese dip, Tomatoes and Milk	Roast turkey sandwich with salad Homemade sugar free pudding
Thursday	Selection of Cereal and Toast	Milk	Cottage Pie Beef and Tomato casserole (under 1s) with broccoli and green beans Homemade sugar free pudding	Buttered Cream Cracker, cheese cubes, Pepper sticks and Milk	Savoury Croissants and cucumber Seasonal fruit
Friday	Selection of Cereal and Toast	Milk	Spanish chicken pasta with mixed peppers and mushrooms Seasonal fruit	English muffin, butter, honey (over 1s), sliced banana and Milk	Pizza slices and Pepper sticks Homemade sugar free pudding