



WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00AM SNACK	Weetabix Water/Milk	Toast Water/Milk	Rice Krispies Water/Milk	Toasted bagel Water/Milk	Cornflakes Water/Milk
BABY & TODDLER UNITS 11.30AM LUNCH	Homemade vegetable & mixed bean sauce (onions, leeks courgettes, carrots, swede, parsnips, chickpeas, kidney beans, pinto and cannellini) Served with pasta	Homemade beef, swede, parsnip, carrot and sweet potato stew	Salmon with pasta in a homemade white sauce with cauliflower, broccoli served with sweetcorn	Homemade vegetable and lentil soup (leeks, courgettes, carrots, swede, parsnips, potatoes) Served with French bread	Homemade sweet 'n' pork fillet with peppers courgettes, mushrooms, carrots and pineapple served with rice
PRE-SCHOOL LUNCH 12.00PM	Ice cream and seasonal fresh fruit Water/Milk	Seasonal fresh fruit salad Water/Milk	Sugar free jelly and seasonal fresh fruit Water/Milk	Bananas and homemade custard Water/Milk	Natural yogurt seasonal fresh fruit Water/Milk
2-2.30 MID AFTERNOON SNACK	Cracker & Margarine Water/Milk	Breadsticks Water/Milk	Oatcake and Margarine Water/Milk	Rice cake and margarine Water/Milk	Crackerbread and margarine Water/Milk
4.00PM SNACK	Boiled egg on toasted savoury muffin cherry tomatoes Apple Water/Milk	Crackerbread, cucumber sticks, cheese cubes and a homemade salsa dip Banana Water/Milk	Home cooked chicken rolls with carrot sticks Pear Water/Milk	Sardine sandwiches and cucumber sticks Oranges Water/Milk	Melted cheese on crumpets with pepper sticks Pineapple Chunks Water/Milk