

### MENU 3

Date:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast (8am)</b>	Selection of cereals / Porridge / wholemeal toast with variety of spreads / greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / greek yoghurt with fresh & dried fruits
<b>Morning Snack (9.30am)</b>	Fresh Fruit, whole & semi-skimmed milk	Fresh Fruit, whole & semi-skimmed milk	Fresh Fruit, whole & semi-skimmed milk	Fresh Fruit, whole & semi-skimmed milk	Fresh Fruit, whole & semi-skimmed milk
<b>Lunch (11.30)</b>	Salmon Risotto  <b>Pancakes with ice cream &amp; toffee sauce</b>	Baked cauliflower, broccoli and leek gratin Crispy potatoes  <b>Banana chunks</b>	Roast Chicken Roast Potatoes Yorkshire Puddings Broccoli & carrots  <b>Fromage Frais</b>	Spaghetti and meatballs in tomato sauce  <b>Rice pudding</b>	Vegetarian enchiladas Sweetcorn  <b>Peach crumble</b>
<b>Food temp</b>	<b>Temp °C</b>	<b>Temp °C</b>	<b>Temp °C</b>	<b>Temp °C</b>	<b>Temp °C</b>
<b>Afternoon snack (2.00pm)</b>	Cheese cubes and cucumber	Edam cheese on Melba Toast	Apples & raisins	Rice cake & ham roulades	Oatcakes & dried fruits
<b>Tea (4.15pm)</b>	Toasted crumpets with ham Cherry tomatoes  Fresh orange segments	Tuna, sweetcorn and mayo wraps Cucumber slices  <b>Seasonal fruit salad</b>	Margherita Pizza Mixed pepper salad  <b>Pudding made by children</b>	Wholemeal English muffins with cheese Mixed salad  <b>Apples &amp; Raisins</b>	Spaghetti on Toast  <b>Fromage frais</b>
<b>Evening Snack (6pm)</b>	Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Selection

We can also cater for special dietary requirements and can provide vegetarian, vegan, halal and free from options if required. Please speak to a member of staff if your child has a SDR. Please note that babies under the age of 1 will not be given honey.

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