

MENU 4

Date:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast (8am)	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
Morning Snack (9.30am)	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
Lunch (11.30)	Sausage lentil simmer Mashed potato Greek yogurt with honey	Butternut Squash Risotto Garlic Bread Baked apples with sultanas and custard	Spaghetti Bolognese Seasonal fruit salad	Roast Chicken Roast Potatoes Yorkshire Puddings Broccoli & cauliflower Rice pudding	Fish Fingers Baked beans Chocolate fruit dipping!
Food temp	Temp °C	Temp °C	Temp °C	Temp °C	Temp °C
Afternoon snack (2.00pm)	Oatcakes & dried fruits	Cheese cubes & cucumber	Edam cheese on Melba Toast	Rice cake & ham roulades	Apples & raisins
Tea (4.15pm)	Pesto and cheese puff pastry pinwheels Carrot sticks Fresh kiwi slices	Margherita Pizza Mixed pepper salad Satsumas	Warmed flatbreads with mashed avocado Fruit yogurt	Toasted cheesy crumpets Cucumber slices Pudding made by the children	Tortilla wraps with cream cheese, ham and grated carrot Seasonal fruit salad
Evening Snack (6pm)	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.