

## Week One

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Planned to provide about 20% of a child's daily energy and nutritional requirements.	A selection of breakfast cereals, toast, croissants, bagels & pancakes Milk, water or juice				
<b>Mid-morning snack</b> Planned to provide about 10% of a child's energy and nutritional requirements	Tangerine segments and natural yogurt  Milk/Water	Feta, Olives & Bread sticks  Milk/Water	Grapes and cheese cubes  Milk/Water	Oatcakes with soft cheese & apple  Milk/Water	Crudities and a selection of dips  Milk/Water
<b>Lunch</b> Planned to provide about 30% of a child's energy and nutritional requirements	Fish cakes, mashed potatoes & peas Vegetable fingers (V)  Fromage frais  Diluted juice/water	Fricassee of Chicken, Mustard & Tarragon with white rice & Peas Quorn Casserole (V) =(DF) * Bananas and custard  Diluted juice/water  <b>7 9</b>	Sausage Casserole with mashed potato and sliced carrots Vegetarian Sausage (V) (DF) = Wedges * Low sugar jelly with mandarins  Diluted juice/water  <b>2</b>	Tuna Pasta with Broccoli  (DF)= Pork in Gravy * Swiss roll  Diluted juice/water  <b>5 2 7</b>	Shepherd's Pie with minted summer Vegetables  Quorn(V) Chicken & Bacon Hotpot (DF) *Homemade rice pudding Diluted juice/water  <b>7</b>
<b>Mid-Afternoon Snack</b> Planned to provide about 10% of a child's daily energy and nutritional requirements	Sliced banana or grapes  Milk/Water	Apple and popcorn  Milk/Water	Wholemeal pitta bread with hummus & celery sticks  Milk/Water	Sliced pear  Milk/Water	Wholemeal toast fingers with houmous or marmite  Milk/water
<b>Tea</b> Planned to provide about 20% of a child's daily energy and nutritional requirements	Nuggets and Spaghetti Hoops Quorn Nuggets (V) Diluted juice/water	Beans on Toast  Diluted juice/water	Macaroni and broccoli cheese topped with tomatoes  Diluted juice/water	Ham salad wraps Quorn ham salad wraps  Diluted juice/water	Jacket Potatoes with cheese & beans  Diluted juice/water

**Red numbers indicate Allergens**

### Vegetarian Alternatives Offered

*Our healthy menu's ensure that your child eats well & significantly contributes to the recommended '5 a day' of fruit and vegetables*

*Allergen details available –please ask a member of staff*

*\*supplied by Apetito*

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<b>Mid-morning snack</b> Planned to provide about 10% of a child's energy and nutritional requirements	Crudities and a selection of dips  Milk/Water	Poppy seed crackers with hummus or soft cheese  Milk/Water	Pineapple chunks and cheese cubes  Milk/Water	Natural yogurt and satsumas  Milk/Water	Sliced melon or grapes  Milk/Water
<b>Lunch</b> Planned to provide about 30% of a child's energy and nutritional requirements	Jacket potatoes with beans and cheese  Watermelon  Diluted juice/water	Sweet & Sour Chicken with white Rice Bean Chilli * Yogurt with honey and sultanas  Diluted juice/water	Cheese Flan with potato Wedges Jacket potato (DF) * Rice Pudding Diluted juice/water <b>7 2 4</b>	Beef Lasagne with vegetable Medley Vegetable Lasagne (V) Roast chicken in Gravy (DF) *Fruit Pies Diluted juice/water <b>7 2</b>	Fish Pie Potato cheese and Leek bake(v)  Mini Swiss Rolls *Diluted juice/water <b>5 7</b>
<b>Mid-Afternoon Snack</b> Planned to provide about 10% of a child's daily energy and nutritional requirements	Wholemeal toast fingers with marmite or houmous  Milk/Water	Banana and rice cakes  Milk/Water	Sliced apples and popcorn  Milk/Water	Breadsticks with dips & cherry tomatoes  Milk/Water	Sliced pear  Milk/water
<b>Tea</b> Planned to provide about 20% of a child's daily energy and nutritional requirements	Fish fingers on wholemeal rolls Vegetable fingers on wholemeal rolls (V)  Diluted juice/water	Ham or cheese sandwiches served with cherry tomatoes, pepper slices and cheese puffs Cauliflower and broccoli bake (under 2's) Diluted juice/water	Spaghetti on Toast  Diluted juice/water	Hash Brown's with Beans  Diluted juice/water	Salami and Mozzarella Pasta  Diluted juice/water

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<b>Mid-morning snack</b> Planned to provide about 10% of a child's energy and nutritional requirements	Sliced apple  Milk/Water	Feta, Olives and breadsticks  Milk/Water	Tangerine segments and natural yogurts  Milk/Water	Banana and rice cakes  Milk/Water	Pineapple chunks and cheese cubes  Milk/Water
<b>Lunch</b> Planned to provide about 30% of a child's energy and nutritional requirements	Vegetable fingers with apricot and herb Cous Cous  Ice cream and wafers  Diluted juice/water	Potato Topped Chicken Pie with Cut Green Beans Vegetable Pie (V) Baked Vegetable Pie (DF) * Banana and custard  Diluted juice/water  <b>7 9</b>	Macaroni Cheese with Peas & sweetcorn  Quorn Casserole (DF) * Cornflake cake  Diluted juice/water  <b>7 2</b>	Fish Goujons with Potato Wedges & Baked Beans  Quorn (Nursery) Breaded Cod (DF) * Natural yogurt with honey and sultanas Diluted juice/water  <b>5 2</b>	Chicken Masala with Veg Rice  Quorn (V)  Chicken Curry (DF) * Peach crumble and cream Diluted juice/water  <b>7 9</b>
<b>Mid-Afternoon Snack</b> Planned to provide about 10% of a child's daily energy and nutritional requirements	Rice cakes with cream cheese and cucumber	Crudities and dips	Wholemeal toast fingers with marmite or houmous	Breadsticks, Vegetable sticks and houmous	Sliced pear
<b>Tea</b> Planned to provide about 20% of a child's daily energy and nutritional requirements	Hot dogs with side salad Meat free hot dogs (V)  Diluted juice/water	Jacket potatoes with beans and cheese  Diluted juice/water	Cheese and tomato puree on toast.  Ham and pea pasta (under 2's) Quorn ham (V) Diluted juice/water	Pasta Bake  Diluted juice/water	Egg or cheese sandwiches, vegetable sticks and cheese puffs Diluted juice/water

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