**Week 1**  **Menu**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast 20% | Breakfast 20% | Breakfast 20% | Breakfast 20% | Breakfast 20% |
| Cereal, toast and fruit | Cereal, toast and fruit | Cereal, toast and fruit | Cereal, toast and fruit | Cereal, toast and fruit |
| Mid-morning Snack 10% | Mid-morning Snack 10% | Mid-morning Snack 10% | Mid -morning Snack 10% | Mid-morning Snack 10% |
| Fruit bowl | Fruit bowl | Fruit bowl | Fruit bowl | Fruit bowl |
| Lunch 30% | Lunch 30% | Lunch 30% | Lunch 30% | Lunch 30% |
| Vegetable quiche with new potatoes, broccoli, sweetcorn and peasPeaches and cream | Beef or Vegetarian lasagne with salad and corn on the cobCarrot cake  | Jacket potato with choice of tuna, cheese or beans.Strawberries and ice cream | Chicken or vegetable Stir fry with noodles or rice  Strawberry trifle | Fish fingers, sweet potato mash with vegetablesCheesecake and blueberries |
| PM Snack 10% | PM Snack 10% | PM Snack 10% | PM Snack 10% | PM Snack 10% |
| Crackers, cucumber and spreads | Pitta bread, humus, cucumber and cheese sticks | Rice cakes with Raisins  | Crumpets and spreads and cucumber | Bread sticks, carrot and pepper sticks  |
| Tea 20% | Tea 20% | Tea 20% | Tea 20% | Tea 20% |
| Tuna pasta bakeYoghurt and fruit | Hot dogsYogurt and fruit | Pizza muffinsYoghurt and fruit | Spaghetti hoops on toastYoghurt and fruit | Soup and breadYogurt and fruit |
| **NOTE: Fresh drinking water** | **Is offered throughout the** | **day.**  |  |  |

\*Allergies: We cater for ALL allergies. Ingredients will be replaced for certain children when needed i.e. gluten free/dairy free/soya free/bean free/Nut free