



Menu Week 1



	Meat Free Mondays	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30- 9am	<p>Children are offered at least 3 different breakfast options over the course of the week Children are offered fruit each day with their breakfast Children have a mix of wholegrain and white starchy foods each week</p> <p>Weetabix/Cornflakes/Rice Krispies/Malted Wheaties Wholegrain and White Toast with butter or jam Variety of fruit</p>				
Morning Snack 9:30am-10am (Rolling Snack)	Melon	Strawberries	Satsumas	Apple (Blueberries- Tiny Stars)	Banana
Lunch 11:30am	Homemade creamy tomato pasta served with broccoli and garlic bread slices (Made with wholewheat pasta)	Gammon joint served with creamy mash, carrots, sweetcorn & gravy (Vegan alternative) (Dairy Free butter)	Chicken curry served with brown rice (Vegan curry) (Dairy free curry)	Sausage casserole served with creamy mashed potato and garden peas (Vegan sausage casserole) (Mashed potatoes made with dairy free butter)	Bolognese with carrots & onions served with wholewheat spaghetti and garlic bread slices (Vegan Bolognese) (Dairy free garlic bread slices)
Dessert	Fromage Frais Yoghurt	Strawberry sugar free jelly (Vegetarian sugar free jelly)	Fromage Frais Yoghurt (Soya yoghurt)	Strawberries	Fromage Frais Yoghurt (Soya yoghurt)
Afternoon Snack 2pm- 2:30pm (Rolling Snack)	Breadsticks with sour cream & chive dip	Rice cakes	Crackerbreads with butter served with cucumber sticks (Dairy free butter)	Malt loaf (Dairy free butter)	Brioche (Banana)
High Tea 4:30pm	Garlic & herb/plain cream cheese on toasted bagels (Wholemeal bagels/Wholemeal bread)	Baked beans on wholemeal bread (Dairy free butter)	Honey roast ham wraps served with sweet peppers (Vegan alternative) (Wholemeal wraps)	Beef sandwiches served with cucumber (Dairy free butter) (Vegan alternative) (Wholemeal bread)	Homemade cheese & tomato muffin pizzas (Wholemeal bread) (Dairy free cheese)
Dessert	Fromage Frais Yoghurt	Fruit	Fromage Frais Yoghurt (Soya yoghurt)	Fruit	Fromage Frais Yoghurt (Soya yoghurt)