



Menu Week 3



	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 & White Toast with butter or jam Variety of fruit</p>				
Morning Snack 9:30am-10am (Rolling Snack)	Apple <i>(Melon- Tiny Stars)</i>	Blueberries	Banana	Satsumas	Strawberries
Lunch 11:30am	Homemade creamy tomato pasta served with broccoli and garlic bread slices <i>(Made with wholemeal pasta)</i>	Homemade meat & potato pie served with baby potatoes & mushy peas <i>(Vegan mince & potato pie)</i>	Chicken casserole served with mashed potatoes and mixed vegetables <i>(Vegan alternative casserole)</i>	Sausage, creamy mashed potatoes, and reduced salt & sugar baked beans <i>(Vegan sausage) (Dairy free butter)</i>	Beef lasagne with broccoli florets served with garlic bread slices <i>(Vegan lasagne) (Dairy free garlic bread slices) (Dairy free white/cheese sauce) (Dairy free cheese)</i>
Dessert	Fromage Frais Yoghurt	Banana & Custard <i>(Dairy free custard) (Custard)</i>	Rice pudding served with strawberry jam <i>(Served with raspberry jam)</i>	Sugar free raspberry jelly <i>(Vegetarian sugar free jelly)</i>	Fromage Frais Yoghurt <i>(Soya yoghurt)</i>
Afternoon Snack 2pm- 2:30pm (Rolling Snack)	Pitta fingers with houmous <i>(Wholemeal & white)</i>	Rice cakes	Breadsticks and onion and garlic dip <i>(Vegan alternative)</i>	Malt loaf <i>(Dairy free butter)</i>	Sliced cheese on crackers <i>(Dairy free Vegan cheese) (Dairy free butter)</i>
High Tea 4pm	Cheese & cucumber sandwiches served on wholemeal bread	Sliced chicken sandwiches served on white bread with sweet peppers <i>(Vegan Quorn chicken) (Dairy free butter on bread) (Wholemeal bread)</i>	Ham sandwiches served on white bread with cucumber <i>(Vegan cheese/Vegan alternative) (Wholemeal bread)</i>	Roast Beef sandwiches served with lettuce & cucumber <i>(Vegan cheese) (Dairy free butter on bread) (Wholemeal bread)</i>	Sliced ham sandwiches served with tomatoes <i>(Vegan alternative/Vegan cheese) (Dairy free butter on bread)</i>
Dessert	Fromage Frais Yoghurt	Fruit	Fromage Frais Yoghurt <i>(Soya yoghurt)</i>	Fruit	Fromage Frais Yoghurt <i>(Soya yoghurt)</i>