Menu 1

Breakfast Lunch Afternoon Tea

|  |  |  |  |
| --- | --- | --- | --- |
| Monday | Toast | Battered fish, wedges, Peas and sweetcorn.  Pineapple & custard | Toasted Bagel, Soft cheese &  Yoghurt or Fruit |
| Tuesday | Cereal  Milk | Roast chicken, potatoes, Veg & Gravy  Sugar free Jelly & Cream | Ham/Chicken/Tuna rolls/wraps & Salad |
| Wednesday | Pancakes, Banana & Milk | Lasagne, Salad/vegetables & Garlic bread  Greek yoghurt & fruit | Rice cakes, Soft cheese & cherry tomato  Melon |
| Thursday | Cereal  Milk | Vegetable soup, ham or chicken roll.  Fruit Salad | Crumpets, Salad sticks (peppers & cucumber) |
| Friday | Toast | Sausage, mash & beans  Angel Delight & strawberries | Pancakes & banana |

Rolling Fruit throughout the day

Water and Milk offered throughout the day

All special dietary needs will be catered for upon on request

Menu 2

Breakfast Lunch Afternoon tea

|  |  |  |  |
| --- | --- | --- | --- |
| Monday | Cereal  Milk | Chilli con carne with Rice  Blueberries & yoghurt | Toasted Muffins, Soft cheese & Cucumber |
| Tuesday | Pancakes, Banana & Milk | Tuna & vegetable pasta bake  Reduced fat ice cream. | Beans on wholemeal toast  Fruit |
| Wednesday | Cereal  Milk | Chicken curry & Rice with sweetcorn  Fruit Salad | Sandwiches/wraps & salad  Yoghurt |
| Thursday | Toast | Jacket potato, cheese and beans.  Greek yoghurt & Mixed fruit | Pitta bread, dips & salad sticks (peppers & cucumber) |
| Friday | Cereal  Milk | Scouse, crusty bread & beetroot  Sugar free Jelly and Cream | Rice cakes, soft cheese, cherry tomato & cucumber |

Rolling Fruit throughout the day

Water and Milk offered throughout the day

All special dietary needs will be catered for upon on request

Menu 3

Breakfast Lunch Afternoon tea

|  |  |  |  |
| --- | --- | --- | --- |
| Monday | Cereal  Milk | Chicken curry with rice & Vegetables, Naan bread  Yoghurt | Wraps  Melon |
| Tuesday | Toast | Cottage Pie, vegetables and gravy.  Rice pudding & cinnamon | Breadsticks, Ham, houmous & salad sticks |
| Wednesday | Cereal  Milk | Jacket potatoes, Tuna mayo & Salad  Fruit Salad | Beans on wholemeal toast |
| Thursday | Pancakes, Fruit  Milk | Mince pasta Bolognese, Vegetables & Garlic bread  Banana Custard | Crackers/Rice cakes, soft cheese & cherry tomato  Yoghurt |
| Friday | Cereal  Milk | Salmon fishcake/nuggets, mash & Broccoli  Peaches & Cream | Crumpets & Salad sticks |

Rolling Fruit throughout the day

Water and Milk offered throughout the day

All special dietary needs will be catered for upon on request