Menu 1

 Breakfast Lunch Afternoon Tea

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| --- | --- | --- | --- |
| Monday | Toast | Battered fish, wedges, Peas and sweetcorn.Pineapple & custard | Toasted Bagel, Soft cheese & Yoghurt or Fruit |
| Tuesday | CerealMilk | Roast chicken, potatoes, Veg & GravySugar free Jelly & Cream | Ham/Chicken/Tuna rolls/wraps & Salad |
| Wednesday | Pancakes, Banana & Milk | Lasagne, Salad/vegetables & Garlic breadGreek yoghurt & fruit | Rice cakes, Soft cheese & cherry tomato Melon |
| Thursday | CerealMilk | Vegetable soup, ham or chicken roll. Fruit Salad | Crumpets, Salad sticks (peppers & cucumber) |
| Friday | Toast | Sausage, mash & beansAngel 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 RiceBlueberries & yoghurt | Toasted Muffins, Soft cheese & Cucumber |
| Tuesday | Pancakes, Banana & Milk | Tuna & vegetable pasta bakeReduced fat ice cream. | Beans on wholemeal toastFruit |
| Wednesday | CerealMilk | Chicken curry & Rice with sweetcornFruit Salad | Sandwiches/wraps & saladYoghurt |
| Thursday | Toast | Jacket potato, cheese and beans.Greek yoghurt & Mixed fruit | Pitta bread, dips & salad sticks (peppers & cucumber) |
| Friday | CerealMilk | Scouse, crusty bread & beetrootSugar 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 | CerealMilk | Chicken curry with rice & Vegetables, Naan breadYoghurt | WrapsMelon |
| Tuesday | Toast | Cottage Pie, vegetables and gravy.Rice pudding & cinnamon  | Breadsticks, Ham, houmous & salad sticks |
| Wednesday | CerealMilk | Jacket potatoes, Tuna mayo & SaladFruit Salad |  Beans on wholemeal toast |
| Thursday | Pancakes, FruitMilk | Mince pasta Bolognese, Vegetables & Garlic breadBanana Custard | Crackers/Rice cakes, soft cheese & cherry tomatoYoghurt |
|  Friday | CerealMilk | Salmon fishcake/nuggets, mash & BroccoliPeaches & 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