

Menu Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast & Morning snack	Choice of cereal Children's choice of fresh fruit Milk / Water				
Homecooked Lunch	Spaghetti Bolognese Quorn mince Ice cream	Roast chicken with broccoli, carrots and Yorkshire pudding Quorn chicken Homemade Cake	Vegetable ragu pasta and grated cheese Melon smiles	Tuna Pasta bake Peas and sweetcorn Homemade Cake	Fish fingers, baby potatoes and baked beans Veggie Fingers Greek yogurt with fruit coulis
High Tea Fresh water served with all meals Milk at high tea	Ham or marmite sandwiches Raisins Cucumber Orange Segments	Crackers Cheese Cucumber Pineapple Banana	Tuna mayo and Dairylea sandwiches Cucumber Pepper sticks Grapes halves	Chicken or sliced cheese sandwiches Carrot sticks Cucumber Melon slices	Tomato pasta Ham/Quorn Cheese Cucumber Banana

Sandwich bread is 50/50 Whole cow's milk or oat/plant milk substitutes