Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast & Morning snack	Choice of cereal Children's choice of fresh fruit Milk / Water				
Homecooked Lunch	Mild Chilli with hidden veg served with rice Quorn mince Raspberry Ripple Ice cream	Chicken Curry and Rice Quorn chicken Homemade Cake	Vegetable ragu pasta and grated cheese Melon smiles	Spaghetti Bolognese Quorn mince Homemade Cake	Fish fingers, baby potatoes and baked beans Veggie Fingers Vanilla ice cream and wafer
High Tea Fresh water served with all meals Milk at high tea	Ham or Dairylea sandwiches Raisins Cucumber Orange Segments	Crackers Cheese Cucumber Pineapple Banana	Tuna mayo and chicken sandwiches Cucumber Pepper sticks Grapes halves	Chicken or sliced cheese sandwiches Carrot sticks Cucumber Melon slices	Crackers/Crackerbread Ham/Quorn Cheese Cucumber Banana

Sandwich bread is 50/50 from a local bakery
Whole cow's milk or oat/plant milk substitutes