

# Menu Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast &amp; Morning snack</b>	Choice of cereal Children's choice of fresh fruit Milk / Water				
<b>Homecooked Lunch</b>	Fish fingers, baby potatoes with mixed beans  Veggie fingers  Ice cream	Vegetable ragu with pasta and grated cheese   Melon smiles	Spaghetti Bolognese  Quorn mince  Homemade Cake	Mild chilli with rice  Quorn mince  Greek yogurt with fruit coulis	Roast chicken with Broccoli, carrots and Yorkshire pudding  Quorn Chicken  Homemade Cake
<b>High Tea</b>  Fresh water served with all meals Milk at high tea	Tuna mayo or cream cheese sandwiches  Carrot Cucumber Raisins	Crackers  Cheese Cucumber Pineapple Banana	Marmite or ham sandwiches  Cucumber Pepper sticks Melon slices	Chicken or sliced cheese sandwiches  Carrot sticks Grape halves banana	Pasta Ham/Quorn  Cheese Pepper sticks Cucumber Banana

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