|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 2** | **Breakfast** | **Mid-Morning Snack** | **Lunch** | **Afternoon Snack** | **Tea** |
| **Monday** | Weetabix wholemeal toast  Banana | Oat Cakes  Melon | Seabass/Salmon, wholemeal rice, ratatouille  Fromage Frais,  Blueberries  Alternative  Mixed bean stew | Cucumber, tomato with meat/fish balls | Homemade barbeque chicken with bread, grapes and melon  Alternative  Kale and cauliflower burgers |
| **Tuesday** | Bread with cheese  Blueberries | Homemade Scones  Strawberries | Roast Chicken roast  potato carrots, broccoli  Bread and butter pudding with custard  Alternative  Roasted butternut squash with tomato and peppers | Beetroot  Mangetout | Homemade salmon fish cakes with bread  Stewed apple  Alternative  Crumbed vegetable burgers |
| **Wednesday** | Shredded Wheat Toast  Plums | Fruit Bread  Clementine | Shepherd’s pie with carrots and green beans  Semolina/fruits  Alternative  vegetable bean pie | Corn on the cob | Vegetable pasta in tomato sauce  Fromage Frais and blueberries |
| **Thursday** | Boiled eggs with bread  Banana | Rice cake  Pears | Lamb stew with bulgur wheat, carrots and courgettes and  fresh fruits  Alternative  Lentils and vegetable stew | Bell peppers & avocado | Houmous, pitta bread, carrots and cucumber sticks  Rock cakes with banana |
| **Friday** | Porridge  Toast  Strawbberries | Cream Crackers  Melon | Baked cod with sweet potatoes, potato and salad  Fromage Frais/blueberries and banana  Alternative  Bean cakes | Celery  Bell peppers | Cheese and tuna sandwiches  Pineapple and melon |

**We use white and brown wholemeal pasta and brown wholemeal bread – menus are subject to change when necessary – milk and water is available for children to drink at all times**