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| **Week 2** | **Breakfast** | **Mid-Morning Snack** | **Lunch** | **Afternoon Snack** | **Tea** |
| **Monday** | Weetabix wholemeal toast Banana  | Oat CakesMelon  | Seabass/Salmon, wholemeal rice, ratatouilleFromage Frais, Blueberries Alternative Mixed bean stew | Cucumber, tomato with meat/fish balls  | Homemade barbeque chicken with bread, grapes and melon  AlternativeKale and cauliflower burgers  |
| **Tuesday** | Bread with cheese Blueberries  | Homemade SconesStrawberries  | Roast Chicken roastpotato carrots, broccoli Bread and butter pudding with custardAlternativeRoasted butternut squash with tomato and peppers | Beetroot Mangetout  | Homemade salmon fish cakes with bread Stewed appleAlternativeCrumbed vegetable burgers |
| **Wednesday**  | Shredded Wheat ToastPlums  | Fruit BreadClementine  | Shepherd’s pie with carrots and green beans Semolina/fruits Alternativevegetable bean pie  | Corn on the cob | Vegetable pasta in tomato sauce Fromage Frais and blueberries  |
| **Thursday**  | Boiled eggs with breadBanana  | Rice cake Pears | Lamb stew with bulgur wheat, carrots and courgettes and fresh fruits AlternativeLentils and vegetable stew  | Bell peppers & avocado  | Houmous, pitta bread, carrots and cucumber sticksRock cakes with banana  |
| **Friday**  | PorridgeToastStrawbberries  | Cream CrackersMelon  | Baked cod with sweet potatoes, potato and salad Fromage Frais/blueberries and banana AlternativeBean cakes | Celery Bell peppers  | Cheese and tuna sandwichesPineapple 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**