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| **Week 3** | **Breakfast** | **Mid-Morning Snack** | **Lunch** | **Afternoon Snack** | **Tea** |
| **Monday** | Weetabix, toast Apples  | Oat Cakes Banana  | Wholemeal pasta in tomato sauce with carrots, spinach and salad  Fromage Frais with blueberries  | Carrots & celeryMeat/fish balls  | Homemade vegetable pizzaPeaches and banana  |
| **Tuesday** | Bread, cheese Banana  | Cream Crackers Kiwi  | Chicken stew, wholemeal rice and mixed veg Banana with custard AlternativeRatatouille  | Corn on the cob  | Houmous, rice cakes, carrot and cucumber sticksMango and pears  |
| **Wednesday**  | Shredded wheat Toast Peaches  | Bake cheese cubes Pears  | Seabass/salmon with stir fried vegetables, carrots, courgettes and green beans Semolina/rice pudding AlternativeVegetarian tart  | Beetroot Mangetout  | Omelette, bread, plantain Fromage Frais/blueberries Alternativevegetable nuggets  |
| **Thursday**  | Boiled egg, bread Clementine’s  | Rice cakesApples   | Homemade meatballs in tomato sauce with couscous and Quinoa. Tomato and cucumber saladFresh fruits AlternativeVegetable melody  | Bell peppersCelery | Gyozas (vegetable patties) with baps Crumbled vegetable burgerCake and banana  |
| **Friday**  | Porridge, toastBananas  | BagelsStrawberries  | Baked cod, potato/sweet potato with bean stewFromage Frais with blueberries  AlternativeCauliflower and kale burgers  | Tomato cucumber | Chicken, tuna or cheese sandwiches with saladPineapple/grapes  |

**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**