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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 & celery  Meat/fish balls | Homemade vegetable pizza  Peaches and banana |
| **Tuesday** | Bread, cheese  Banana | Cream Crackers  Kiwi | Chicken stew, wholemeal rice and mixed veg  Banana with custard  Alternative  Ratatouille | Corn on the cob | Houmous, rice cakes, carrot and cucumber sticks  Mango 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  Alternative  Vegetarian tart | Beetroot  Mangetout | Omelette, bread, plantain  Fromage Frais/blueberries  Alternative  vegetable nuggets |
| **Thursday** | Boiled egg, bread  Clementine’s | Rice cakes  Apples | Homemade meatballs in tomato sauce with couscous and Quinoa. Tomato and cucumber salad  Fresh fruits  Alternative  Vegetable melody | Bell peppers  Celery | Gyozas (vegetable patties) with baps  Crumbled vegetable burger  Cake and banana |
| **Friday** | Porridge, toast  Bananas | Bagels  Strawberries | Baked cod, potato/sweet potato with bean stew  Fromage Frais with blueberries  Alternative  Cauliflower and kale burgers | Tomato  cucumber | Chicken, tuna or cheese sandwiches with salad  Pineapple/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**