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| **Week 4** | **Breakfast** | **Mid-Morning Snack** | **Lunch** | **Afternoon Snack** | **Tea** |
| **Monday** | WeetabixToastBanana | Oatcakes Melon | Pasta in tomato sauce with vegetables with mixed salad Fromage frais/blueberries  | Beetroot Carrot sticks | Chipolatas with baps, corn on the cobFruit salad AlternativeVegetable sausages |
| **Tuesday** | Bread with cheese Apple  | Homemade scones Plums   | Roast lamb, roast potatoes, carrots with peas and red cabbageBanana custard/fruits AlternativeVegetable tart  | Mixed peppers Cherry tomatoes | Pasta in tomato sauce with carrots mixed beans and peas Apples/clementine  |
| **Wednesday**  | Shredded wheat ToastPlums  | Cheese on baps Mango  | Baked salmon with sweet potatoes, stir fried courgettes & carrotsRice pudding/fruits AlternativeBean stew  | Cucumber sticks Celery | Houmous flat bread with carrot, cucumber sticks and avocado Banana strawberry AlternativeVeggie bites  |
| **Thursday**  |  Boiled eggBread Peaches  | Rice cakes Grapes   | Wholemeal savoury rice with carrots, peas and sweetcornFresh fruits  | Avocado Beetroot  | Homemade scones with cheese, tomato and mangetout Fromage frais/berries  |
| **Friday**  | Porridge Toast Banana  | Cream Crackers Pears  | Steamed seabass with tomato sauce, potato wedges, spinach and carrots Fromage frais/blueberries AlternativeKale, cauliflower burgers  | Tomato Cucumber | Chicken, cheese or tuna sandwichesMango/apples  |

**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**